Do Souls Exist?

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DO SOULS EXIST?

THE STUDY OF A REAL-LIFE CASE

SURESH KUMAR SONI

OrangeBooks Publication
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Esoteric Experience

(An encounter with the soul of my dead father)

On August 10, 2003, after celebrating the festival of Raksha Bandhan*, as night approached nearer, I went to my bedroom, sitting there alone; I opened the window and started watching the full moon, shinning in its majestic glory.

Unaware, I was suddenly engulfed by an invisible sheath of space, which wafted languidly, around me. I felt the presence of my father but could not see him. Even as, I struggled to sense, what was actually happening around me, a strange rapture seized me. I was no more myself. I had become a captive of some unseen presence, helplessly groping, in a state of trance.

My father, Mehr Lal Soni, Zia Fatehabadi was a renowned Urdu poet, who quite often, when driven by the mood to write, use to hum, toss, and hold the stub of a half-chiseled pencil, between the thumb and forefinger of his right hand, and with fits and starts, use to flip, and toss the pencil stub in air, and then grip it, to halt for a while, to scribble his poetic thoughts, on the blank

spaces of newspapers, magazines, paper bags or any other paper, he could lay his hand on.

This was a typical trait of his personality, which his family members only knew. This peculiar mannerism was suddenly overlaid upon me, so powerfully that I could do nothing to resist or prevent it, except watch helplessly, what was happening to me, I felt, as if, I was incapacitated to move, and something was holding me back. This was a very extraordinary incident, I had never experienced before, which held me, bewildered and enthralled.

The whole episode wasn't frightening at all. On the contrary, it was soothing and comforting, as if, I was possessed by something joyous and delightful… Totally an out-of-this-world experience, which was beyond my perceptual understanding and my ability to express it in words.

Under the influence of this superimposed awareness, I felt that I was being dictated, by the spirit of my father, to write in Urdu, the language in which my father wrote, I quickly penned it, effortlessly, on a piece of paper, in Hindi, the language, I know.

This ethereal experience lasted for a while, when I was freed from its spell, I hurriedly, went downstairs, to narrate the incident to my mother, and showed her the jottings.

My mother heard me attentively, and glanced over the scribbling, I had made, on a crumbled piece of paper. She at once, co-related the whole incident, with the events surrounding my father's death. She recalled that

my father died, on a full moon day, during the festival of Raksha Bandhan, on August 19, 1986.

“How difficult it was to tell apart this incident from the events that occurred, identically, at the time of your father’s death”, she quipped.

Further, she went on to say, that on that eventful day, few rain-bearing clouds, drifting from unknown directions, had gathered unexpectedly, and a visibly clear sky, was at once overcast, with a small cluster of clouds, rushing to shower, a freak spell, of light rain.

The passing clouds, suddenly started pouring rain, right at the time, when my father’s dead body was taken out from the ambulance, parked on the road, to bring the corpse inside the house, by the attendants of the hospital, it was a brief sprinkling of raindrops that fell on the remains of a numb, stiff and lifeless body.

The downpour lasted for some time, and ended abruptly.

My mother cited the ‘Full Moon’ and the ‘Drizzle’, to emphasis, her personal intuitive point of view, suggesting to me that, these were the few auspicious signs, indicating the departure of my father, from the world of living, to a better region in the spirit world.

My mother inferred that the occurrence of this incident, on the very same festival and in the very same position of the full moon, is not, at all, a coincidence. The visitation of my father’s spirit, was actually an omen, that the time for her, to depart from the world, has finally come.

My mother, Mrs. Raj Kumari Soni, was a religious lady, she fasted on each 'Navaratri' **, which falls twice in a year.

On that fateful day, September 30, 2003, while on fast, in the midst of her last 'Sharad Navaratri', she offered her traditional prayers to Goddess Durga, at the crack of dawn, and shortly thereafter, felt sleepy and went to bed to rest. Soon without a whisper, the flame of her life blew out, and she passed away peacefully, never to wake up again, never to live again, and never to be seen again.

As a devotee, of Goddesses Durga, it seems, my mother had chosen, her own time, to depart, from the world so readily that no one could sense her timing, even her attendant couldn't, she died with least resistance and great serenity, in a blissful state everyone, would wish to depart from the world, the way she went.

According to Indian yogic traditions, when a person sheds his body willfully it is known as MahaSamadi, which is considered a blessing. Can anyone ascertain, is this a fact or is simply a figment of human imagination?

My mother, though a Prabhakar (Honors in Hindi) from Lahore (now in Pakistan) also knew Urdu quite well, but did not reveal the underlying meaning of the dictated poem, Now, I often ask myself, was it an outcome, of my subconscious mind, faking a freak incident?

The feeling of this soul stripping incident is so real, that it keeps me nagging, time and again, to find an answer and its impact so profound that I still remember it vividly, even now.

I cannot read or write Urdu language, yet I was able to compose an Urdu poem straightaway. Was it channeled through me or did I write it myself, instinctively through some unidentifiable and unexplainable factors, difficult for me to decipher?

I was not under the influence of alcohol, drug or medicine, at that time, nor do I suffer, from any history of psychiatric disorder. Despite all this, I have failed to convince myself, till date, whether this incident was real or was faked by my sub-conscious mind.

This experience was not the imagination of my mind. It was a conscious and a real mystical experience, which leads me to believe that it was not a mental fabrication, or a day-dream, or a deliberate systematic thinking. It was a direct, thoughtless and wakeful experience of reality.

For sure, I very well know, that the way, I am interpreting the incident, I am making the whole event appear highly questionable, prone to be mocked, ridiculed and draw flak from the readers.

Since the sensation and the feeling of the incident was so deep and real, I cannot dismiss it, as false, outrightly, without being sure, about the disposition and the dispensation of this unexplainable phenomena?

So, allow me to ask, from the readers, the following questions, for the sake of clarification, without any intention to offend anybody's sensibility, cultural or religious beliefs, in any manner, whatsoever.

(1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

(2) Do memories or imagination trigger such weird incidents?

(3) Does the mind play tricks to strengthen the belief that life exists after death?

(4) Or: Is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

I certainly do not know.

Let the readers tell me 'How' and 'Why' such things happen.

Mystery is a big puzzle, the more I try to uncover the mystery, the more elusive it becomes, making the whole exercise complex. Due to lack of clarity, I find it difficult, to sort out facts from fiction, to arrive, at a reasonably fair explanation.

I suppose, anyone in the given situation, in which I am, can easily be pushed into a state of confusion, while examining the authenticity of this weird but wonderful mystical incident.

Besides, anyone can be proved wrong, by taking a logical stand or anyone can assume himself to be right, by self-assertion. In this logjam situation, both are equally incoherent, any which way, they decide to deliberate, on this mystical experience.

After all, death and afterlife, is not an intellectual process and mystery has little to do with intelligence.

Intellect can ignite curiosity and create various disciplines of logic, philosophy, religion and science, as search engines, to explore the vast sea of information. Can it really reveal, wholly or partially, the reality, it seeks to know?

Or can a three-dimensional human pathfinder, penetrate the realities of a multi-dimensional world? Indian sages called it "Turiya", which literally means the fourth dimension, a state; we know 'Nothing' of 'Something' that exists, beyond human understanding.

After considering the whole episode in a neutral way, it is hard, indeed, to conclude, that the spirits of the dead exist or do not exist, in this world.

**Raksha Bandhan is a Hindu festival, which symbolizes the bond of protection between brothers and sisters. It falls on the full moon day. According to a legend, this ritual was followed by Yama, the Lord of Death and his sister Yamuna, the river in north India. Yamuna tied 'Rakhi' to Yama and bestowed immortality.*

***Navaratri represents the worship of Goddess Durga, known as the 'Nine Nights festival'. The Sharad Navaratri culminates in Maha-Durga-Puja. It is celebrated by fasting on all nine days and by worshiping Mother Goddess in her different forms.*

Subliminal Surreal Scribbling

(The Inexplicable Interpretation)

Conversation with a spirit is far too deep and complex to explain. It is like finding answer to a question that most people refuse to respond.

Such incidents occur rarely, but when they occur, then it is worth considering and exploring it, otherwise the information remains meaningless, exaggeration, and a figment of imagination.

Though scientists are convinced that there is no evidence that spirits exist, but explanation of certain things is not possible unless it is experienced by oneself.

Our sense perceptions, has come from our ancestors, who performed these functions. Those who use, the same sense organs, have thought the same ideas.

Which means that the inherent characteristics of our ancestors, lying dormant within us, can spontaneously activate, under unexplained circumstances.

This argument may sound relevant in this particular case. But what about the encounters of the living with the dead, who are not their ancestors?

I would like the readers to comment on it.

The under mentioned Urdu poem, was recited by the author, in the name of his father's spirit. Was it directly channeled through him or was imagined by his sub-conscious mind? It is difficult for him to explain in words.

The Recital

Mohabat ka parcham tha hathon mey jiske

Woh nafrat ki agni mey kyon jal rahey hain

Those who hold the flag of love in their hands

Why do they burn themselves in the fire of hatred?

Mujey mai miley, maire jeene ki chaahat

Kyon usey aag dekar hawa dey rahey hain

Our aim in life is to discover the 'inner self'

Then why lit fire, and blow air, to burn it?

Dayare main hai simtee huee kayanaat

Kulasaye se usko kyon uljha rahey hain

Creation is creased in the layers of cosmic circumference

By revealing its center-less center, why create confusion?

Khyalon ka hona hadon sey parey tha

Jho kal tha na kal hai usey ji rahey hain

Stream of thoughts, flow from time, into timelessness

Why fret, what yesterday was, will not tomorrow be.

Na honee se, na honay se, majboor hoon

Mera hath thamey woh lay jah rahey hain

I am no more bound, by the events that occur or will occur

'HE' is holding my hand, and is taking me, along with 'HIM'

Siya odhini se 'ZIA' ko jho rokhay

Anderon ki basti mien woh bus rahey hain

Those who cover Light* with a pitch-black blanket

Are people who dwell in the locality of darkness

Be-kabar shyairee se kah raha huon ghazal

Yeh aksay 'ZIA' se toh likwa rahey hain

Oblivious of poetry, I am writing, this 'Ghazal'**

It's ZIA's apparition, that prompts me to write

'KALI' theree akal per jo hai parda

Outhaya toh dheka diyae jal rahey hain

O 'Kali'***, a thick veil is covering your mind

Lift the veil, and see that light is everywhere

**Zia, in Urdu literally means 'Light'*

***Ghazal is a format that consists of rhyming couplets with each line sharing the same meter, it gives the poetic expression of pain and separation.*

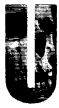
****Kali is the nickname of the author, the name Kali comes from Kala, the 'Black'.*

Photo Gallery

Mehr Lal Soni Zia Fatehabadi
(*1913-1986*)

Mrs. Raj Kumari Soni
(*1918-2003*)

Comments



nusual sensory experience is far more common than people think. They demonstrate different patterns of pathological and spiritual experience.

This column is a catalogue of different views, people take on mystical phenomena. There is a common but consistent pattern, discernible in the way people reach out to grasp such unexplainable events.

Read the following comments, with an impartial, open-mind. Feel the subtle feeling behind the words, hear what isn't being said and listen to the echo of the unknowable, unheard, unspoken…silence, reverberating from these messages.

When we try to answer mystical experiences, we often go wrong, till its acceptability. This should not prevent the readers to respond, freely and frankly, enabling the author to conceptualize a consensus opinion.

---

(1) 10/13/12

Dear Suresh ~ Thank you for writing. It's good to hear from you. This is a marvelous experience which you had. I appreciate your sharing it with us.

The incident was so real that I cannot dismiss it as false. Knowing that this incident is questionable, allow me to ask, the following questions for clarification.

(1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

There are many stories similar to yours, and people often think they are imagining these things. But your story has

all the earmarks of a true experience. The sensations you describe are typical, but the convincing element is your ability to write in a language which you do not speak. From all the indications, this is a real experience. I would have no trouble in believing that your father was present with you and was working through you.

(2) Do memories trigger such weird and wonderful incidents?

I don't think they trigger them, but they put you in a mode which makes you receptive, so that if the spirit chooses to come to you, they are better able to do so.

(3) Does the mind play tricks to strengthen the belief that life exists after death?

No. There is no doubt that life exists after death. There is overwhelming evidence that this is the case. It is not a trick of your mind. Life after death is a fact, not wishful thinking. OR

(4) Is it a psychological boost to confront death the biggest threat to life?

People whose brains are dead still can have a vision of the spirit world. It is not a trick of the mind. The spirit world does exist. We have clinical evidence of the fact. We are eternal spiritual beings.

I certainly do not know. Let readers tell me 'How' and 'Why' such things happen, even if mystery is a puzzle or even if we know that each time, we try to uncover mystery, the more elusive it becomes. It is hard for me to explain, ghostly things happening in a living world.

It is hard for all of us to understand. But many people have been to the other world and have returned to tell us about it. We are no longer in doubt about its existence. You have to come to the conclusion that we are all eternal spiritual beings, and that we can come back, like your father, to contact us after our death. Believe it. It's true! Thanks again for writing. Blessings

John Sloat

---

(2) Jan 21, 2013

Hi there Mr. Suresh Soni! Thanks for reaching out and sharing your story!

Normally I don't have time to reply but I was compelled to read it. To be honest, it wasn't until you mentioned your mother being a devotee of Durga that I really knew I had to reply. I've worked with Durga recently and was happy to read about her history in your family.

First off, I have to say that nobody will be able to convince you either way on this one. It's because you are seeking answers with your *mind*.

What is happening is that when you listen to your mind, you think it was all made up, false, or faked. When you listen to your heart, you *wish* it to be true. You want to be able to connect with your loved ones on the other side. You think "Wow!

This is magical! I wish I could write like this when I wanted! I could be a poet *and* be closer to my father!"

But! When you listen to your gut…. that's where the gold is…you find that this example is unexplainable, undeniable and *feels* right.

Collectively the planet is learning that the mind produces logical fear-based thinking. When we *only* live our lives from the mind, we get into trouble. We narrow our eyes at others thinking that they will take away what is rightfully ours and we focus on "I need to get mine" in an unhealthy selfish way (selfish in terms of self-care is very healthy, but that's not what I was just referring to). This is why our financial systems are crashing, why we are all at war, why have food and water shortages.

This example, and your contemplation of it up until this day, is clear evidence that you are starting to wake up. Waking up to the idea that there is more to life than meets the eye. Waking up to the fact that your spirit is manifested in your physical body and works in the *subtle realms.*

In my opinion, even logically, there is no way you could have made that up even if you wanted to. It seems those facts cannot be changed. My suggestion is to listen and see what your gut is telling you. Your gut will never steer you wrong. Many blessings to you and your family.

Betsy Cohen
Psychic Medium & Inspirational Speaker, New York

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(3) Jan 21, 2013

Hello Suresh ~ You are wondering if this incident was a figment of your imagination and I simply have to say

that there is no figment of anything, least of all imagination, for imagination is very real and always present.

Whatever you have experienced is certainly a delightful treasure to behold and a wonderful story to tell for it is of an open-minded individual, yourself, who has allowed truths beyond what is seen here in social consciousness to occur in very rare occasion. Enjoy these truths and continue to reveal to yourself your true identity joyfully. Sincerely and with great respect,

Vivienne Lafrance
Soul to Soul communicator, Grindrod B.C., Canada

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(4) Jan 22, 2013

Dear Sri Soni ~ The answer to 1 is NO. The others are more reasonable explanations and No 4 is the best one. I am replying to you on behalf of Premanand, who passed away on 5th October, 2009. When I saw your mail, his spirit possessed me and I was able to reply straight away! Jokes apart. I keep traveling all over the place and hope to meet you some time. I will be at Delhi on the 24th instant and 27th too. You could call me. Regards

Narendra Nayak
President, Federation of Rationalists Association of India

(5) Jan 22, 2013

Hi, Of course, Suresh you are talking to a spirit right now and it's a testimony and it was a testimony of many things for you, this incident, testifies your father's presence, besides you, not inside you and the power of spirit on you.

The underlying message of this incident was to prove one thing that your father lives on and you will live on too, when you pass over to this world Urdu, cited by your father's spirit, and he can again come, only if you are open, that night you were peaceful and open and he took the opportunity to contact with you.

You were blessed by his soul, you both shared many lifetimes, and he just came to assure you, he is taking care of you, even from there, where you cannot see him.

There is one more thing, peculiar here, he wants you to write, Urdu or any tongue, he wants you to write, that's what I get, if I connect with him now.

(1) No

(2&3) No the mind is powerful but your mind will not fabricate, just for the fun of it, there has to be a basis for everything that exists.

(4) This piece of info sounds a psychological shield?? Ask yourself, ask your subconscious and see what you get, we here in the spirit world, try and reach out to help you those on the earth and we guide and protect our loved ones, from here, do we need any psychological reason to do this? No love is enough. Like your father's

love spirit came after he has passed and he came back to ensure you he looks over you and revealed his wish to you.

All the best, Thanks for trust in this and giving us a chance to do this. Hope this helps. Regards,

Erik
(Message was conveyed by Renuka on behalf of Erik)

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(6) Jan 22, 2013

Sairam, Dear Suresh uncle ~ Well, it's simply your fathers blessing on you through his Guru- you can say any of his true Guru….

Trust me, I myself have never seen Quran but in 2005, I suddenly started typing few words in English which I knew is from Quran…it's in simply some ways, Gods and saints, pull us, into path of truth and humanity.

Not all can be blessed with such a feeling… Apart from this, make sure you remember your dad every full moon day and do any simple pooja like lighting lamps, offering food to poor or simply chanting gods / saints name.

Scientifically speaking, all the truth, all the good words and sounds are spread in every atom of this universe…. sometimes we are able to get these words by air …simply a transformation from nature into us. Simply show Guru bhakti on Shirdi Sai Baba or any ancient saint…. you will be blessed Sai Ki Jai

Venkat Raman
India

(7) Jan 23, 2013

Dear Suresh ~ I consider you very fortunate to have had such a remarkable, wonderful experience; I would be very grateful for it. I fully accept that our knowledge has profound limitations and there is much beyond our capabilities to access.

Much of my own work is indeed interested in ancestor worship/communication – especially among the Jain community in India, a community which does not "technically" (according to texts) endorse ancestor worship, and yet where many such examples exist.

Rest assured that many examples of "spirit" or soul communication are attested for in a great many religious traditions; as an anthropologist I have no interest in denying them! I am fascinated by such experiences.

There are some contemporary psychologists and even neurologists who are pursuing research in this field (e.g., Dr Mario Beauregard who wrote The Spiritual Brain + Stanislav Grof who has many books out, including Spiritual Emergency. And of course, there is Raymond Moody (MD) who has many, many books out on the near-death experience as confirmation, for him, of the continued existence of consciousness/soul after bodily death — something certainly that Hinduism and Jainism assert!

On a personal note, a year and a half ago I lost my father to a very vicious cancer that took in the matter of a few weeks. I have many, many times longed for a "dream" or "encounter" such as your own. This is why I consider

yours a blessed occurrence, and one you are extremely fortunate to have had. Wishing you well

Professor Anne Valley
University of Ottawa's Dept of Classics and Religious Studies, Canada

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(8) Jan 23, 2013

Thank you for sharing your amazing story! Isn't it interesting how the logical mind wants to deny or at least seek concrete proof regarding experiences that fall outside of what we generally regard to be 'real'?

I've come to see that in some sense ALL experience has a certain reality to it. The type of experience you describe may be hard to make sense of, but the one thing you can hang onto that IS very, very real, is the sense of peace that it brought to you.

I've learned that rather than question the how's and why's of my experience, or even, if my communications with my brother are more a creation of my subconscious or not, to focus upon the love, peace and joy they bring. That is, in my opinion, as real as it gets.

I'm beginning to see that we are creating ALL of this…..every bit of what we come to experience, through our expectations, beliefs and thoughts. These 'OTHERWORLDLY' experiences then, are really not so different than anything else we experience. If it is true that life and love are eternal, it makes perfect sense that our loved ones would attempt to convey that to us, to help ease our pain.

If you simply focus upon the way all of this made you feel, (the joy, the peace) and trust the voice of your inner being, it will help to quell the logical mind that keeps questioning and wanting answers. In my estimation, you've had a profound and very real experience! Hope this helps, With Love,

Faye Scindelka
Writer, Calgary, Alberta, Canada

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(9) Jan 23, 2013

Hello Suresh ~ Thank you for sharing this very interesting occurrence. Recall that high energy physicists say that if all the light and energy in this world (all that ultimately exists) were the size of Mt. Everest, the part most humans can sense would be the size of a golf ball. So, I don't discount any events that seem otherworldly since we humans are not good judges of that. Life/God/Source Energy is all. We are looking at life through a pinhole and divide events into what is real, imaginary or spiritual. In fact, I believe, it's all life and you experienced a slice of it that most don't.

Jesus taught us to look at the fruits of a tree while judging its value. The fruits of your experience were: you felt a rapture, you experienced being outside your usual consciousness, you wrote in a language that you do not know, it was soothing and comforting, it was a blessing to your mother and helped her move on into the next life, it still is vivid after over 9 years. In my experience, something we imagine cannot convey that many benefits and strong emotions /spirit. Give thanks

for a sacred experience. Love and Light (is all that exists),

Dr.Mark Pitstick
MA, DC – OHIO, USA

Post Script: Wow, a great poem. Reminds me of Rumi a bit. A great way to awaken the mind to remember that light is everywhere. It seems that you were channeling his writing and, in the process, enjoying a sacred contact with him. Thanks for sharing this amazing experience with me and others. Om Mani Padme Hum,

---

(10) Jan 24, 2013

Namaste Suresh, if energy is eternal and soul is eternal, what dies? We don't believe in death. We believe that souls come into manifestation in a form, and then that form evolves into something else, some other form. Therefore, it is not the spirits of the dead that visit you. It is the spirit with whom you had a wonderfully positive relationship. Take it as a blessing. We send you all our love and blessings,

Shree Maa and Swami Satyananda Saraswati
Devi Mandir, Northern California, USA

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(11) Jan 25, 2013

Hi Suresh, you know we are a Christian ministry? Anyway:

1. Spirits of dead people exist – they are in, what the Bible calls, the cloud of witnesses. And, they are as if in

the grandstand of a stadium clapping their hands, spurring us on to take hold of immortality, so that they can return with Jesus

2. No, it is your spirit that 'sees' into the ubiquitous, all-knowing, timeless realm of the spirit. So, you could write poetry in a language you do not know in the natural.

3. No, it is real – empirically tested

4. Just as there is still death there is also immortality … and if you really want to know about this you must be ready to go all the way. Peace to you. Rules over all.

Tinus Hattingh
Spirit word Ministries, South Africa

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(12) Jan 25, 2013

Suresh ~ I do not believe this was your subconscious trying to fake an experience. Your father is one of your personal guides. There is also Michael, Gabriel and Stephan. They have all worked together to open you to this spiritual experience. Your father himself came through you to write the poem. Call it automatic writing or channeling, whatever you will, but you received it directly from them as a fore-warning for your mothers impending transition. So yes, she was inferring correctly. To answer your questions –

1.) Not a hallucination! The spirit is immortal beyond these brief mortal shells we all wear.

~ The veil between this and the next dimension is very thin at this time, and you are just beginning to come into your own as a spirit channel

~ This will happen again, so prepare yourself for it.

2.) Memories and imagination can indeed assist to trigger these types of incidents. Weird is just a word.

3.) The mind does not play tricks to strengthen the belief of life after death.

~ Again, the spirit is immortal beyond these brief mortal shells we all wear.

4.) Call it a psychological shield if you like, but only you can decide what is true for you, personally.

I have had a great number of readings, channelings, and personal experiences from and with those who have passed to know for myself that the spirit is immortal, and these are merely shells we choose to wear for the brief time we are here. I have known people who were scared to death and dying, but it did not prevent them from living. Live your life, embrace the spirit, and know your father is with you always. Love and Light

Maria
Los Angeles California, USA

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(13) Jan 25, 2013

Dear Suresh ~ Sanskaras of all persons, whether living in the body or departed, are imprinted in the cosmic mind, samaSHTi-chitta. In certain moments of sattvic predominance our individual minds connect to these

personality sanskaras. It is not the departed person who is visiting us. Thus we, as individuated minds, may be inspired to write the poetry or speak a language that we are not familiar with because we are tapping into the resources of the cosmic mind. With blessings

Swami Veda Bharati
A Scholar-saint, India

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(14) Jan 26, 2013

Hello Suresh Soni ~ That sounds like a very powerful experience. It does sound to me as if your father visited you and used automatic writing and trance possession to pen the poem. This is one of the more intense experiences I've had described to me. In regard to your questions, all I can say is that each of us struggle with these very questions every day when we work with spirits. Hallucinations exist, and the mind does play tricks, but your event sounds credible to me. The feeling of your father that washed over you is an example of one of the perceptions that I hold as a good validity test in my own work.

Sheta Kaey
Editor in Chief, Rending the Veil, magazine

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(15) Jan 27, 2013

Dear Suresh ~ From your description, it does look like a real visitation. While not commonplace, such visitations

do occur. So, no need to worry that it might be a hallucination. With best wishes.

Swami Tyagananda
A Hindu Saint

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(16) Jan 27, 2013

Hello, thank you for such an interesting story. I have personally over the years, heard of this type of thing happening but mostly to spiritual people like mediums/sensitive`s or psychics who use this to their advantage during "spirit communication" This is what we call "Automatic Writing" or "Trance Writing"

(1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

I would not say it is testimony that spirits exist. I feel it is more to do with the individual themselves experiencing it and their own belief system. Hallucinations? It may be the case or maybe not, perhaps the "want to believe" in something strongly enough we will indeed experience it at some point. Sceptics or cynics will tell you no, spirits don`t exist, but the truth is we just don`t know for certain, there is no recorded concrete proof to show that it does Ok! we can be shown some photographs, audio or video footage of strange events, we could have all three of these things together but, all these things can in this day and age be altered or enhanced so we don`t know for sure if it is real… if it is real, will we all truly believe it is? Some will but a lot won`t so we are left with same old question. "Do

spirits/ghosts exist"? Or is it just a figment of the overactive imagination.

(2) Do memories or imagination trigger such weird incidents?

I think they do to a certain extent, especially around certain occasions such as birthdays or Christmas time where families come together to spent time with each other and show love for one another and to remember others that are no longer with us. Most (not all) people that have lost loved ones will cling to the hope that their loved ones are happy wherever they are after death, it is said whether we believe it or not that sometimes they, (spirit), will break through the thin veil between this world and the next to let us know they are ok. So called "experts" in the paranormal field will say that strong emotions like sadness, worry, anxiety and depression can also trigger things too. To me, there are no experts in this field.

(3) Does the mind play tricks to strengthen the belief that life exists after death?

I think it does. As I said previously, people cling onto hope that their loved ones go onto another place after death, supposedly a better place than here with no pain or suffering. It definitely brings comfort to most who believe that this "better place" exists and their loved ones are being looked after by others who have died before them.

(4) Or, is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

It could be a "psychological shield" as you say, and without it… what are we left with?

Mary Cunningham
Co-Founder Scottish- paranormal, Scotland

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(17) Jan 27, 2013

Hi Suresh ~ I have no idea if you are making this up or not and I have no way of finding out. If the incident happened, I think it's far more likely that you were dreaming, under the influence of drugs or ill than you father's spirit was visiting you. If you want to provide credible evidence of spirits, I suggest you try to re-create the experience under controlled scientific conditions and have it analyzed. Regards

Tanya Smith
General Manager, Atheist Alliance International, Australia

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(18) Jan 27, 2013

Dear Suresh ~ I don't have anything very useful or illuminating to say about this. It does sound as if you experienced something quite remarkable and life-changing. But the very nature of what happened to you places it entirely within the realm of personal experience, and really it is not for me – or anyone except yourself – to say whether it was hallucinatory, real, or some combination of the two.

Christopher Norris
Research Professor in Philosophy at Cardiff University, British philosopher and literary critic, United Kingdom

(19) Jan 27, 2013

Dear Suresh Soni ji, Namaskaram …… Hari Om — You Have Great Question To Ask From (1) To (4)

The sole eternal goal of Spirituality in Hinduism is to realize the God principle in man, rather to bring about the manifestation of God in man. Whether it is the struggle to restructure the Indian economy, Indian Spirituality strives to achieve its eternal goal in these struggles.
One can be a Hindu by his actions (Karma) or birth (Janma). Karma Hindu is a Hindu by his deeds and qualities or spiritual components. Janma Hindu is a Hindu by birth. To be a Hindu means leading a sattvic lifestyle. A Karma Hindu is a true Hindu. He is Hindu by action and thought, a follower of Dharma and spreads Dharma as a part of his kartavya. I thank you for conversing with me, I am honored, Om Shanti. Hope you have a wonderful day and that your life will be Successful with Happiness & Prosperity! With Love, peace and bliss.

Swami Chaitanya
Akhanda Yoga Dham, Rishikesh, India

(20) Jan 28, 2013

Dear Suresh ~ Thank you so much for sharing of your experience. Your experience is different from Near Death Experience. Actually, you have been a spiritual medium for your father's soul. People who have the power of the medium are able to receive messages of

spirits. In your experience, it seems your father's soul intended to communicate with the world. Many books have been written on this subject like: Seth Speaks: Jane Roberts. Very best regards

Alinaghi Ghasemiannejad Jahromi
The University of Isfahan, Iran

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(21) Jan 28, 2013

Dear Suresh ~ Nobody but you can respond to your questions – Mario

(When Mr. Mario Beauregard was requested to elaborate further, this is what he said through an email on the same day)

What I can say, however, is the following:

(1) The impact of this experience on you from a subjective point of you;

(2) The fact that you were not under the influence of alcohol, drug or medicine, and that you do not have a history of neurological or psychiatric disorder;

(3) The impression by your mother that the "visitation" of your father was an omen that the time for her to depart had come;

(4) Her passing seven weeks later:

All this suggests that your father – and your mother – are still living in another realm of reality. I am aware of many similar experiences that have been reported by numerous people across the world.

Mario Beauregard
Ph.D., Professor Neuroscience, University of Montreal
Author of the famous book, The Spiritual Brain: A Neuroscientist's case for the existence of Soul

(22) Jan 29, 2013

Hi Suresh ~ Wow what an incredible experience. I apologize for not getting back to you sooner.

People do hallucinate and these can take many forms and to keep that in mind is a good thing to do. However, your experience has so much supporting information and the evidence from the writing has to be considered. Without seeing this first hand, it would be difficult for me to say 100% that it proves the existence of spirit. On a personal view point and taking you at your word (which I trust) I would say it is a very good indicator.

Memories can trigger all sorts of things but equally anything can trigger a memory. For example, a smell or a fleeting part of a tune. It's a little like the chicken and the egg scenario, we may never know in certain situations what is the cause and what is the effect.

The human brain and mind play all sorts of tricks on us all the time (our eyes actually see upside down our brain flips it to make things easier!). Another good example is matrixing where our brain tries to make sense of shapes and patterns (you see animals in the clouds etc...) Does it play tricks on us to help us fear death less and does this give us more of a belief of continuing after this life. I

think it's possible it does however this doesn't mean there isn't. Regards

Si Booth
Founder Member, Pennine Paranormal Society, U.K.

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(23) Jan 29, 2013

Dear Suresh Soni ~ Thank you for writing. As I am sure you realize, I am not really in a position to speak with any kind of authority about what happened to you nine years ago. I do not think you are at all silly to wonder whether this is evidence of some sort of afterlife, or whether, instead, it is merely a kind of hallucination, brought on by your unconscious mind. Since I am not in a position to examine you, I can only report that I have read various reports of experiences like yours, as well as various attempts to offer a more scientific account of what was going on, and my own belief is that what happened to you is indeed best explained in terms of the unconscious part of your brain producing the unusual experience. That needn't deprive the experience of meaning for you–it is simply that I don't think we can infer from this that the spirit of your dead father was trying to communicate to and through you.

I am not a scientist and cannot begin to hypothesize about the particular ways in which your brain might have caused these experiences, but if this is indeed something you would like to know more about, you might consider reading Hallucinations, by Oliver Sacks. He is indeed a scientist and discusses a wide range of strange and unusual experiences of various sorts.

As to the fact that your mother died shortly thereafter, perhaps this was brought on in part by her belief that your father had communicated with her through you, or perhaps it was just a coincidence, nothing more. There are, of course billions and billions of people in the world, and by the odds of mathematics, we should expect quite astounding coincidences to happen here and there quite routinely. Obviously enough, no one notices the billions of ways in which potential coincidences fail to materialize, we only notice the coincidences: so those are the ones that stick in our mind, begging for explanation, when the explanation might indeed simply be that things like this are bound to happen by coincidence now and again.

Shelly Kagan
Professor of Philosophy, Yale University, USA

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(24) Jan 30, 2013

Dear Sureshji ~ I would opine in favor of the first question, even though I am quite aware that the second one is also possible. But I do not think the last two options are tenable. Namaskars,

Swami Baneshananda
Indian Vedanta teacher, Germany

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(25) Jan 30, 2013

Dear Suresh ~ Thank you for telling me about your experience. I think that in all cases where we have an

experience of something supernatural, we must be strongly guided by our background knowledge about whether there is a supernatural reality of the kind which the experience seems to reveal. I think there are good arguments to the existence of God and that God does have reason to bring about the existence of other supernatural beings and occasionally to allow them to communicate with us.

So, it is possible that your experience was a genuine experience of your father. But I don't find what you describe as overwhelmingly strong evidence in favor of it. You don't produce any evidence that your Hindi writing was a correct translation of what you heard in Urdu; nor is it obvious that the date of the occurrence of this incident cannot be a coincidence – it is fairly probable that coincidences of this kind will sometimes occur. So, while the incident just might be genuine awareness of your dead father, I don't find the evidence very strong.

And it is well known that we sometimes can be subject to strange hallucinations as a result of purely neurological processes. My reason for believing in life after death is that I think that a good God would have some reason to provide it, and that there is good evidence that Jesus who taught that there is life after death did himself rise from the dead, and so we should trust his testimony about this. With best wishes,

Richard Swinburne
Professor of Philosophy, University of Oxford, UK

(26) Jan 30, 2013

Dear Suresh Soni ~ I have received and read with interest your letter of 27th January.

It seems that you had a Kundalini awakening experience that brought you into a different sphere of consciousness. I think you should consult your Guru, if you have one. Also try and read a book entitled KUNDALINI by Pt. Gopi Kishan. With good wishes,

Dr. Karan Singh
President ICCR (Indian Council of Cultural Relations), Member of Rajya Sabha and titular Maharaja of Jammu and Kashmir, India

(27) Jan 30, 2013

To, Suresh Soni ~ It is hard to know whether anything our mind seems to encounter in cyclic existence is real or not. The one sure thing is that compounded existence, which is existence that is brought together by causes and conditions, is impermanent. Phenomena come together and phenomena dissolve. We see a glass, call it "glass," have many associations with "glass" depending upon our own accumulated causes and conditions. But then this "glass" can break into a million pieces, we can forget the "glass," we can give away the "glass" but remain attached to it, cease to care about "glass," despise "glass," etc.

And that's just objects. When it comes to those people we encounter in this lifetime, the feelings, associations,

subtle ideas, so many factors—all these come into play. In the case of those close to us, the best thing to do if we seem to experience ghosts or spirits is to pray for them. For if they are in fact "real," then we should take the attitude to help them release their attachment to this cyclic existence for a "real ghost" would have such strong attachment that they were not able to leave. Let them know it is okay for you, for instance, perhaps that you love them. Think of their well-being, not your own naturally complex feelings about them.

This also works for us if in fact it is just our own minds coming up with a hallucination. Either way, rely on compassion as your compass as much as you can, knowing that your idea of compassion could also be based on conditioned mind. Your idea of what is "good" for someone else is based on your own causes and conditions and could also not be "real."

Overall, at the root of such questions has to do with whether or not there is a soul or self. This topic would have been written about extensively and suggest you find ways to study it more. All religions have different approaches to this topic. Hope this helps all the best.

Pema Norbu Rinpoche
Office of His Holiness, Namdroling Nyingmapa Monastery, India

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(28) Jan 31, 2013

Dear Suresh Soni ~ You may find it helpful to consider the discussion of this issue, from a philosophical

perspective, in William Rowe's *Philosophy of Religion: An Introduction.* Best wishes,

John Bengson
Professor (Philosophy of Mind), University of Texas, USA

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(29) Jan 31, 2013

Dear Suresh Soni ~ Thank you for your letter describing a truly extraordinary and wonderful experience. I have no way of knowing whether the experience falls into the domain some would call 'spiritual', and others would locate as in some way the result of the (still mysterious) workings of mind and brain.

At the turn of the last century many people reported experiences that were not dissimilar to yours and psychological researchers attempted to investigate them. (Mourning is often cited as a spur to such experience.) C.G.Jung was one such researcher and for interest you might want to dip into his work. Another was Theodore Flournoy who amongst much else tried to understand the medium Helene Smith: a new edition of her From India to the Planet Mars, edited by Sonu Shamdasani, is available. There are many others, including the great American, William James. I hope this may be of some interest. All best wishes,

Lisa Appignanesi
OBE is a British writer, novelist and visiting Professor at King's College London.

(30) Jan 31, 2013

Dear Suresh ~ Your story is very interesting. You have obviously had a very unusual and powerful experience, and I think that the sorts of questions you are asking are good ones. I am not in a position to give definite answers to those questions — and in case I think you will only be satisfied by working things out for yourself — but perhaps I can point you to some books that might help you think about the issues that your experience raises.

Probably the most famous discussion of how to think about cases like this is in David Hume's *Enquiry Concerning Human Understanding*, chapter X. Hume would most likely argue that it is more likely that your experience was a sort of hallucination or a production of your unconscious mind than that it was a supernatural occurrence. But Hume's view has been very controversial. One recent discussion that you might find interesting is: Fogelin, Robert, 2003, *A Defense of Hume on Miracles*, Princeton: Princeton University Press. I hope you find that useful. I wish you good luck in finding some answers.

Dr. Derek Ball
Departments of Philosophy, University of St Andrews, Scotland

(31) Feb 01, 2013

These kinds of spiritual experiences are common, and do seem to have very long lasting, even life changing,

effects on those who experience them, so that would infer that they are real.

It is hard to know what triggers powerful spiritual experiences. One must be open to them, and not be afraid.

We do not believe the mind plays tricks in this area. If the person having the profound spiritual experience believes it, then it is self-evident, it is true.

Normally these kinds of experiences will lead to having no fear of death at all, regardless of how the person felt prior to the experience. All the best,

Dr. Raymond Moody
Psychologist and medical doctor, famous author of books about life after death and near-death experiences, his best-selling title is 'Life After Life'

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(32) Feb 01, 2013

Dear Suresh Soni, Thank you very much for the mail. I think your experience is a good devotional feeling and experience. I think whenever anybody is close to the Divine, they have lots of feeling and divine experience. You still continue your prayer and Sadhana. I will pray for you and I wish you good luck. When we will see you then we can talk more about the spiritual. With love and blessings

Swamy Athma Chaithanya
India

(33) Feb 01, 2013

Dear Suresh, I think the spirit of your father is around you – he means well and is not intentionally trying to harm you. Also, when the moon is full, psychic influence and energy is much stronger. In answer to your questions:

1. It was not a hallucination, it was the spirit of your father who has passed over and is finding it difficult to move on, which was a trait of his personality

2. Imagination is the psychic side of you, when your mind drifts beyond normal thinking

3. I do not think so. You might find it helpful to read my book, Channeling for Everyone. It has a lovely 4-page introduction by a well-known psychiatrist, Dr Andrew Powell.

4. The spirit enters the body at the moment of conception to help to carry itself forward in its spiritual journey – and when it is ready to leave, it usually chooses the moment of leaving the physical body. I hope that helps. Best wishes

Tony Neate
Spiritual Channeller, Healer and Counsellor, London – UK

(34) Feb 01, 2013

Hello Mr. Soni ~ Answers to your questions are highlighted below.

Are such incidents hallucinations or a testimony that the spirit of the dead exists?

I call it souls, and soul connections can happen in any form to anyone.

Do memories or imagination trigger such weird incidents?

Yes, it can

Does the mind play tricks to strengthen the belief that life exists after death?

No, this knowledge can be achieved only when a person meditates, just a thought is not enough to believe in such thoughts.

Or, is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

Take it just as an experience, which very few have, don't go for Reasons…. you are letting that experience haunt you, which will surely lead you to visit a psychologist in future.

I certainly do not know. Please tell me 'How' and 'Why' such things happen.

As I said there need not be reasons found always for things and as it is that experience just came and went, it's not in your life every day. It's now in your memories only.

It is hard indeed, for me to explain, that souls exist or do not exist, in a living world.

In a living world I have not come across soul relating to humans. I just know what happens after death to souls as a Past life regression therapist. Regards

Dr. Renuka Gupta
Ph.D. in Clinical Psychology, Past Live Regression Therapist, Baroda Gujarat, India

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(35) Feb 01, 2013

Dear Mr. Soni, it is kind of you to share this very personal incident with me but I'm afraid I have no more insight into it than you do. Such experiences are I suppose, to a certain extent, simply inexplicable. Maybe there is some comfort even in that. I'm sorry I can't offer more. All good wishes

Peter Lamarque
Professor of Philosophy at the University of York, UK

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(36) Feb 02, 2013

Dear Mr. Suresh, it was great to learn about your amazing incident. What you experienced is a process known as "Automatic Writing" through which our loved ones in the spirit world can make their presence felt and communicate with us. I suggest you should read these books – THE LAWS OF THE SPIRIT WORLD by Khorshed Bhavangri which has a Foreword by Shiamak Davar& LIFE AFTER DEATH by Mary T.Browne. You will find most of your answers. As I am a past life

regression therapist I firmly believe in reincarnation and connection with higher energies.

Dr. Ritu Nanda
Clinical Psychologist, Counsellor & Hypnotherapist, Bhopal, India

(37) Feb 04, 2013

Thank you, Suresh, for getting in touch with me. I am not qualified to comment on your powerful experience but I wish you all the best.

Kecia Ali
Associate Professor of Religion, Boston University, USA
(She was requested to convey the Islamic point of view on this incident, she did not respond)

(38) Feb 04, 2013

Namaste, Suresh, Dorothy has passed your message on to me and asked if I would be first to comment on it. We appreciate your trust in us by sharing this very personal experience. It has taken some time to formulate. I hope this response will help you to clarify and understand it. If you would like to discuss some of these ideas further, please do not hesitate to continue our dialogue.

First, let us distinguish between the experience itself and its interpretation. You have done well to present a descriptive account of your experience separate from the interpretations you are considering. Others (such as myself) may have the advantage of familiarity (firsthand

or secondhand) concerning a greater range of experiences and/or philosophical research and understanding. However, the person who has the experience has the advantage of direct knowledge of it, as well as the immediacy of its personal meaning and value. Furthermore, experience itself cannot be true or false, real or fake. Such questions arise only for interpretations. Your concerns seem to be whether your experience should be interpreted solely as a manifestation of your mind or as revealing something in reality that is not reducible to the physical universe (as commonly understood) or to your personal consciousness (including contents and processes that are ordinarily unconscious, in the psychological sense).

Here are a few significant considerations to ponder:

(1) Consciousness, as such, is not part of the natural order (but the term *supernatural* is misleading); psychical is not reducible to physical. However, the further we penetrate into the ultimate nature of reality, the more we encounter mystery. Mystical (Gnostic) Realization (such as reported by Franklin Merrell-Wolff) is its direct (nondualist) apprehension, but this is ineffable–essentially beyond all words and concepts. You characterize your experience as rapture and trance, rather than mystical, but psychical experiences also share a considerable degree of indeterminacy.

(2) Writing a poem in a language you do not know is evidence that 'your mind' did not produce the experience in isolation (and your mother's response showed that it carried a profound meaning for her).

According to the Buddhist notion of 'dependent origination' everything is interconnected and all events arise in the seamless interplay of the myriad elements that compose reality. Science (E.g., Quantum Theory, Bell's Theorem and Grinberg-Zylerbaum experiments) has verified non-locality (effects and awareness at a distance without intervening causal processes). Of course, each individual being must organize a coherent view of the world by filtering out the vast preponderance of this awareness (in an autonomous process). Psychical experiences (whether spontaneous or cultivated) are episodes where one has opened to, and become aware of, some of these influences

(3) Concerning more personal influences, intentionally opening to or blocking psychical experiences has varying effects. Subconscious tendencies (you mention memories and imagination) in this regard are also more or less effective, but because they are not under our conscious direction, they may be more impactful within our lives. No doubt, our minds play tricks, such as construing evidence in a biased manner according to an emotionally held belief system. For example, a believer in spirits may take the activity with their Ouija Board as confirming their existence; a materialist might dismiss evidence from a near-death experience as merely the result of chemical activity in the brain. Death of the body is real. What, if anything, survives afterwards is not adequately determined; there is evidence that something does, but not necessarily a self-conscious individual personality. However, belief in immortality is not without ground, insofar as we sense something in our

being that is not subject to birth, death, or cause and effect; the problem is that we also have a strong tendency to identify with our bodies and our personalities–which are subject to such conditions. Franklin would say that we introject the object of consciousness and identify with it, while projecting the conscious subject externally. The first task then is to discriminate self from not-self, the immortal from the mortal.

You have the attitude of a genuine seeker-open-minded and fair-minded-wanting to know. Your experience was a rare gift that revealed something beyond the mundane and set you on a course of inquiry. We are grateful that it has led you to us and hope that you find value here.Shine on, In Love and Light,

Ron Leonard
PhD, Philosophy, Writer / Editor, Phoenix, Arizona, USA

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(39) Feb 04, 2013

Please attend Sammohan Pragya + Mahajeewan Pragya to discover the answer yourself. That will be authentic, convincing, and helpful in your spiritual growth.

Oshodara
A live mystery school, India

(40) Feb 04, 2013

Dear Shri Suresh Soni, Hari Om! Thank you for your interesting mail sent to Central Chinmaya Mission Trust. Chinmaya Mission is probably not the correct organization to help you answer your questions as this is not our area of competency. You may need to find someone else to assist you understand this incident. We wish you all the best. Regards,

Manisha Khemlani
Chief Executive Officer, Central Chinmaya Mission Trust, India

(41) Feb 04, 2013

I regret that I am unable to respond, thoughtfully, to all the email messages I receive in the course of a week. I do try to read at least portions of them, but answering them would take all my work time. I am grateful for the thoughtful letters I am sent, and apologize for not responding with the thoughtfulness that went into composing them. With best wishes,

Daniel Dennett
Philosopher, writer, cognitive scientist, philosophy of mind, USA

(42) Feb 06, 2013

As SalaamwalekumwaRehmatullahiwaBarakaatu

It is nice to receive this email from you and nice to know that you are from India. Dear brother, Maulana Shaykh

Nazim has 3 Indian Deputies, all three of us live in Dubai. We have a few zikr centers in India too Alhamdulilah and we visit time to time. I have been honored to be one of the 3 and if you would like to be in touch with me, you are most welcome. I am from Mumbai. We can speak further. May Allah bless you with the barakat of Maulana Shaykh Nazim. Aameen

Jazakallarkhairashraf Ali Ghansar
Naqshabandi Sufi Order, Dubai

(43) Feb 06, 2013

Dear Suresh Soni, I cannot comment on individual cases. I know of no-good evidence for there being an afterlife. I do believe that reports of instances of the kind that you mention are purely psychological. I am sorry, but I cannot comment further. Yours sincerely,

Fiona Macpherson
Professor of Philosophy, Director: Centre for the Study of Perceptual Experience, Department of Philosophy, University of Glasgow

(44) Feb 07, 2013

Dear Suresh, Sorry for the delay in reply. Swami Abhedananda was a great realized soul and a disciple of Sri Ramakrishna. He had a book: 'Life after death' where he has elaborately talked about the existence of the soul after the physical death. You may read that. It was written for the Western audience.

As regards your questions:

(1) Your experience of writing the ghazal in Urdu, maybe the expression of your potential inherent samskaras (impressions of past lives). The scriptures suggest that the spirit of the dead exists. Both Hinduism and Buddhism are founded on this basic concept of rebirth. It makes sense to a reasonable mind to explain many things of life. Great souls like Ramakrishna and others have seen the departed. So, we believe that your experience maybe a testimony of that.

(2) I think your answer to the 2nd and 3rd question has been answered in the first one.

(4) Everything is an expression of our mind. There are 2 minds. One is the Cosmic mind, the mind of God, which has created all these visible and imaginary objects. The other mind, which is the individual mind, is part of the Cosmic mind. Therefore, what is in the Cosmic mind as the sun, the moon, the earth and everything in this visible Universe is being recognized by each individual mind as such. But individual mind also, has its own contribution to those Cosmic expressions of the mind in the form of the created beings around us. That is why God has created one object but individuals have their attraction or repulsion for it due to the effect of their individual samskaras.

According to Vedanta, this whole Universe is the function of the mind like a dream. God is the Only Reality which is full of Consciousness, Blissfulness. We project the concept of duality on that One Absolute Truth. This is Vedanta view. Our visible Universe is also

like a long dream which will break one day giving us the illumination.

But so long we are in this long dream, there everything functions in a particular order, goes from transformation to transformation until the dream breaks and one is established in God Consciousness. So here comes the necessity of birth and rebirth, to finish all the experiences of our cherished desires. So, when there will be no desire the mind will be free from all attachments, this rebirth will stop for that individual forever.

So long we are human beings and have desires, we will be reborn. Thinking of holiness, the person will go to a holy land (like the Goddess Durga's plane) and live there happily enjoying the Bliss. These people will create some impact on the minds of those who love them and respect them. The impact of their pure mind brings out the holy traits in the mind of the beloved people. Probably that is why the impact of your mother has created such inspiration in your mind.

It is very difficult to write these subtle philosophical things over email. Please try to talk to some holy men or sadhus. Much of your doubts will be cleared.

It is not necessary to question so much. You have felt the Grace of Mother and your heart was charged with the spiritual fervor — why not live in that experience and enjoy that bliss? May Mother Bless you. Yours in Mother,

Swami Sarvadevananda
Scholar-Saint, Minister and spiritual leader of Vedanta Society California, a monk of the Ramakrishna Order of India.

(45) Feb 07, 2013

Thank you. I did read your mail with interest, I found your description of the incident very interesting and intriguing, I honestly don't feel able to throw any more, light on it. It is extremely puzzling. But unfortunately, this is not a subject on which I possess any expertise, so I'm afraid that I have no useful comments to make on your account of the incident. I'm sorry that I can't be of assistance in this matter.

Professor E. J. Lowe
Department of Philosophy, Durham University, United Kingdom

(46) Feb 07, 2013

Dear Suresh Soni, despite your kind words, I fear that your question is far outside my area of expertise. Although I realise that human experience is enormously varied and perplexing, personally I find it far more plausible to look for explanations within the natural world. I also realise that this is very much a minority view around the world. But my view anyhow is to look for an explanation in psychology–a subject about which we still know a very limited amount; and even that, as I said, is not my expertise. Sorry not to be more helpful, and I wish you well with your reflections on these difficult questions. Best wishes,

Professor John Dupré
Director of Egenis, Professor of Philosophy of Science, University of Exeter, United Kingdom

(47) Feb 07, 2013

Ushta: A quite fascinating tale, obviously, you appear to be a materialist, agnostic or at the very least a non-believer, in religious terms otherwise you would have accepted your experience as what it probably is, a genuine religious experience. But to your specific questions

1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

(2) Do memories or imagination trigger such weird incidents?

(3) Does the mind play tricks to strengthen the belief that life exists after death?

(4) Or, Is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

1) Religious speaking spirits or if you will individual conscious energies are, at the very least immortal, and in most religions' eternal. In fact, we are spirits or conscious energy living in bodies on a material plane which is heart of reality together with a non-material plane what I will call Gathic, Zarathushtrians call it Mainyava which is the way Zarathustra referred to it. So, it's not so much, from a spiritual perspective, that the spirit of the dead is living, but the spirits never die the body dissolves back in its elements but not so the spirit. Now it can also be a hallucination those obviously exist. However, your case seems clear cut. People hallucinate about things that they know; you did not know Urdu.

2) Memories can trigger hallucinations or, most often, vivid dreams and nightmares. However, in this case, the same applies. How can a memory teach you to write in a language you do not know?

3) Undoubtedly, the mind can and does play tricks all the time on us. In fact, not only our minds but our senses perceive things in ways that are to say the least not exactly correct. Can your mind make you believe, on at least the logic of an afterlife; perhaps I would not doubt it. But the thing is that, empirically, all these things cannot be proven or disproven we can believe or not, hopefully on the basis of what we consider to be convincing evidence. In this case I think the ability to compose a poem in a language that you do not speak is, to me, more than convincing, but then I am theist I believe on a deity that has created all that is, you might think differently, but still how can you explain the Urdu poem?

4) See above.

What do Zarathushtrians say or would say about your experience. That is a very thorny question since there are many varieties and sects of "Zoroastrians" and in any case Zarathushtra himself taught a non-dogmatic doctrine, based on broad principles rather than strict injunctions. I can tell you what I think that is normative among Gathic Zarathushtrians.

First while we do not believe in many gods or goddesses, we do believe that the ONE God manifests Him / Herself, (He has a a feminine and a masculine name) through the many aspects of Her / His ethical

nature thus, your dear mother's goddess could be one of these. It might be interesting to hear what this goddess' attributes are.

Outside of the Goddess thing, Most Gathic Zarathushtrians would consider yours a true spiritual experience. The poem and its meaning, especially its allegorical meaning, might be important in giving you further evidence and it may even carry an important message, perhaps in general, perhaps for you, or perhaps both. Do feel free to write us again if you wish. Hamazor

Ronald Delavega
Scholar of Zoroastrianism, Florida, USA

(48) Feb 07, 2013

Well, I'm kind of a naturalist these days, so I think religious and mystical experiences are something that we are able to do with our brains, which are products of nature. I think spiritual states of mind and experience are very important, however, and not to be dismissed even if they have completely natural explanations. But personally, I don't take them to be evidence of a transcendent reality. So, I practice meditation and yoga for example, because they help me cultivate a kind of peace and tranquility that I find healthy and valuable, but I don't take the wonderful things that happen in meditation as evidence of a transcendent reality. I hope that's helpful. Best wishes. I wish I had more exposure to Hindu religion and experience. Sadly, it is not well represented in my home culture in the US.

Dr Mark Alfino
Professor of Philosophy, Gonzaga University, US

(49) Feb 08, 2013

Suresh: As A Religious Studies professor, I am not "qualified" to answer with certainty your questions regarding what for you was a profound experience. I can say personally, however, that the experience you had was a real one, and it has meaning for you. What it means for the future, or the prospect of an afterlife, I cannot say. Many, many people have had visions and dreams, and they are to influence your life and the life of those around you. But interpreting what that vision means for you is outside of what I am able to do. Blessings to you, and all the best in your search for eternal answers

Anthea Butler
Ph.D., Religion, Author, Professor of Religious Studies, University of Pennsylvania, USA

(50) Feb 08, 2013

Hi Suresh, you have described an extraordinary personal experience. Your words are very moving, and I don't doubt that the experience was real. But as to what it all means; I am afraid I don't have any more idea than you have. I don't imagine any scientist can ever hope to explain such things. Very best wishes,

Chris Knight
Anthropologist, political activist, funding member Radical Anthropology group, UK

(51) Feb 08, 2013

Dear Mr. Suresh, the important question to ask is what was your state of mind at the time when you experienced your dad? I mean, what was on your mind? I found that should a person, knowingly or unknowingly assume a state of mind similar to another person, that person sometimes, assume the thought pattern of the other person. Let me give you an example.

Say you saw an old beggar. He is staring blankly in the air. He is sitting down, begging bowl on the floor. You may start to ask yourself: "What will this person be thinking?" You may start to look closer at that person; you may start to wonder how dirty soiled clothes may feel on a person body. You may think how long uncombed hair could add to a heavy weight on a head and obstruct vision. You may start to wonder, how he may have lived in his youth, how his family was like. You may look at his body and wonder at his state of health. You then start to wonder, what he could be thinking of at that point in time, staring into the air. Unknowingly, you may also start to breath as he did. You may start to imagine, what would you be thinking, if you were him now. At that point in time, you may suddenly feel fear, and the similar thought-patterns of that beggar. Thus, using the above example, I hope to have shed some light to the answers you seek.

Charles Goh
Founder, Asia Paranormal Investigators, Singapore

(52) Feb 08, 2013

Why would this topic even need to be addressed?

Why is this topic relevant to a section concerning Reincarnation?

It turns out that despite the fact that almost all Christian sects teach that reincarnation is heresy; they don't all teach it for the same reasons. Some Christian sects teach that the after death there is no awareness. Because reincarnation requires souls be aware after death and to choose to reincarnate, believing there is no awareness after death by default also precludes against believing in reincarnation. Also, to reincarnate means to be aware in another body. These Christian sects believe that at death that awareness ceases until the resurrection. This belief fundamentally changes the theology around heaven, hell as well as reincarnation.

Biblical Proof of awareness after death

The biblical authority quoted to support the belief is rather slim. In fact, there is really only one scripture quoted. It is in Ecclesiastes 9:5

For the living know that they shall die: but the dead know not anything, neither have they any more a reward; for the memory of them is forgotten. (KJV)

You can't get plainer than that. The Dead know nothing. End of story. However, there are plenty of scriptures in both the old and New Testament that show that the dead are aware after death. Is this an example of Biblical contradiction? Not really. This statement wasn't made

by a prophet of God nor was it a quote from God through an angel or prophet. It is the musings of King Solomon while being depressed. It is a rhetorical remark made by a man who cried "vanities of vanities all is vanities." He admits to drinking in excess, having a thousand wives and concubines and having every luxury imaginable yet ultimately found his life unfulfilling. He even concludes at the end of his writings…

Ecclesiastes 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. NIV

Yet is recorded elsewhere that before he died, he took up idolatry to please some of his wives. Yes, his writings are in the Bible, but his simple statement that the dead know nothing is not strong enough to counter other scriptures that make it plain that after death, the soul is aware. Certainly, King Solomon's writings cannot overturn the teachings of Christ which proved awareness after death. It is also interesting to note that his own family history should have given him insight into awareness after death. The man who was King before his Father David was crowned King talked to a dead man one day before he died! King Saul talked to a dead prophet. (In order to speak, dead or not, requires awareness!)

In 1 Samuel 28 we have the story of Saul secretly going to the witch of Endor so that he could contact the spirit of the dead prophet Samuel. This of course is a forbidden art, not because it can't be done but that it is evil to contact the spirits of the dead using witchcraft.

Despite the wickedness involved, Saul has the witch do the divination necessary to contact Samuel. Samuel is summoned and has the following words for Saul.

15 Samuel said to Saul, "Why have you disturbed me by bringing me up?" "I am in great distress," Saul said. "The Philistines are fighting against me, and God has turned away from me. He no longer answers me, either by prophets or by dreams. So, I have called on you to tell me what to do." 16 Samuel said, "Why do you consult me, now that the LORD has turned away from you and become your enemy? 17 The LORD has done what he predicted through me. The LORD has torn the kingdom out of your hands and given it to one of your neighbors-to David. 18 Because you did not obey the LORD or carry out his fierce wrath against the Amalekites, the LORD has done this to you today. 19 The LORD will hand over both Israel and you to the Philistines, and tomorrow you and your sons will be with me. The LORD will also hand over the army of Israel to the Philistines."

If you read further in the story, the prophecy of the dead prophet turned out exactly as predicted. This shows us that the prophet Samuel was aware after death and was in contact with God even during death.

Over a thousand years after the death of King Solomon, the Apostle John journeyed to heaven in a vision and saw souls being aware they were dead. Specifically, Revelations 6:9

9 When He opened the fifth seal, I saw under the altar the souls of those who had been slain for the word of God and for the testimony which they held. 10 And they

cried with a loud voice, saying, "How long, O Lord, holy and true, until You judge and avenge our blood on those who dwell on the earth?" 11 Then a white robe was given to each of them; and it was said to them that they should rest a little while longer, until both the number of their fellow servants and their brethren, who would be killed as they were, was completed.

In John's version he sees souls in heaven aware enough to know they were awaiting a new life with Christ. Another scripture in the New Testament that speaks of being aware after death is found in the book Of Luke where Christ teaches of possible consequences after death. The plain teaching of Christ shows that there is awareness after death. Christ taught this when speaking about Lazarus and the Rich Man.

Luke 16:19-31 (NIV) The Rich Man and Lazarus,19 "There was a rich man who was dressed in purple and fine linen and lived in luxury every day. 20 At his gate was laid a beggar named Lazarus, covered with sores 21 and longing to eat what fell from the rich man's table. Even the dogs came and licked his sores. 22 "The time came when the beggar died and the angels carried him to Abraham's side. The rich man also died and was buried. 23 In [HADES] where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side. 24 So he called to him, 'Father Abraham, have pity on me and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in this fire.' 25 "But Abraham replied, 'Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted

here and you are in agony. 26 And besides all this, between us and you a great chasm has been fixed, so that those who want to go from here to you cannot, nor can anyone cross over from there to us.' 27 "He answered, 'Then I beg you, father, send Lazarus to my father's house, 28 for I have five brothers. Let him warn them, so that they will not also come to this place of torment.' 29 "Abraham replied, 'They have Moses and the Prophets; let them listen to them.' 30" 'No, father Abraham,' he said, 'but if someone from the dead goes to them, they will repent.' 31 "He said to him, 'If they do not listen to Moses and the Prophets, they will not be convinced even if someone rises from the dead.' "

Both Lazarus and the rich man were aware after death. Both were in Hades (Called Sheol in the Old Testament). One was with Abraham in the good part of Hades and the Rich man was in the bad part of Hades. The important point is that after death they did not cease to be aware. Death is simply the separation of the spirit from the body. Death is not non-awareness.

King Solomon was wrong. The dead do know. So, despite the scripture quoted from his writings to prove that death is the same thing as non-awareness, this doctrine does not hold up.

Stephen Boston

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(53) Feb 08, 2013

Dear Suresh Soni, Namaste! This world has many aspects to it that you and I are yet unaware of. The mind

can create hallucinations, but not beyond its scope. The mind cannot give you supernatural powers to write in a language that you do not know. Considering the coincidences involved, my educated guess would be that the incident was real, and your father's soul did visit you on that night. This is within the purview of Vedic philosophy. Since you are an Indian, I do not need to explain these basic philosophic concepts to you. The concept of the eternal soul and transmigration is explained in the second chapter of the Bhagavad Gita. With best wishes,

Swami Mukundananda
Vedanta scholar, India

(54) Feb 08, 2013

Dear Mr. Soni, we would like to tell you that please do not get overly worried or hassled by this incident. Such things do happen in extremely rare cases. We cannot exactly point out why it has happened. It could be a combination of many things. There is no need to panic or be overly excited. We suggest that you keep such experiences private. By Lord's grace your parents must be fine, you can pray for their uplift and progress on their journey to their eternal Home in the spiritual world.

If you really need to do scientific research and go deep into it you can contact National Institute of Mental Health and Neurological Sciences, Bangalore which studies such cases. We still advise you that it is not required. Ultimately, we have to depend on the Lord who is the complete controller of everything. He is our

Father and Friend and our ever well-wisher. We should pray to him to guide us and engage us in his loving service. Hope this helps you in your inquiry.

Shubha Vilas das
Vaishnava Sanyassin – Krishna-Bhakti Marg

(55) Jan 31 / Feb 08, 2013

Hello Suresh, thank you for sharing your experiences with me. I unfortunately am unable to interpret your experience, since it wasn't my own. That's the trouble with paranormal / supernatural events: they are 'experiencer-specific'. I have personally never had such experiences, but I entirely believe that they are real. That's really all I can say. Yours,

David Gordon White
Prof.Department of Religious Studies, Tufts University, Medford

(56) Feb 09, 2013

Dear Mr. Soni, I am not really qualified to explain what happened to you. I am a scholar, not a guru or psychologist or expert in unusual states of consciousness. I can say that there is no definitive answer to the questions you ask. Some people would look for a way to explain away what happened to you, not taking it seriously. I personally respect such experiences and know that there are many possible states

of consciousness other than those of ordinary everyday life.

A classic collection of such experiences is in a book called "Cosmic Consciousness" by William Buck. You might enjoy reading it. Another classic in American psychological literature is "The Varieties of Religious Experience" by William James. Of course, there are many works in Indian tradition, going back thousands of years, attesting to the possibility of deep and extraordinary states of consciousness that one can reach through meditation and other means. Sometimes they happen spontaneously. Sometimes there are stories about communication with people who have died. I do not believe you can prove anything about the existence of souls or life after death through such an experience, and I don't think such proof is the important thing.

I believe you should ask what its personal meaning is to you. It was obviously a very profound and wonderful experience for you. It opened up an amazing door to something larger than you had ever experienced before, and came in the form of communion with your father, who at least lives on in you, whether or not there was literally some ghost dictating to you in Urdu. You do not have to understand what the literal truth was. I would say just cherish it, allow yourself to be grateful for it, and keep the question open — what does this experience mean to me? Regards,

Linda Hess
Senior Lecturer, Department of Religious Studies, Stanford University, USA

(57) Feb 09, 2013

Dear Soni, considering that your beliefs involve prayers to pagan deities. I understand that you grew up with these beliefs, and that they're all you know. But what you're dealing with is demonic spirits. Demonic spirits are fallen angels whose job is to harass humans. The Christian Bible tells us that the dead know nothing. The day we die, our thoughts and emotions perish, and we know nothing under the sun — until the end of the world. The dead cannot communicate with humans. Attempting to communicate with spirits of the dead invites demonic spirits into our lives, as do prayers said to pagan deities. The force that surrounded you was demonic energy. The poem you wrote was channeled from a demonic spirit. The existence of life after death is not a trick of the mind. Life in another realm does exist for humans who have believed in God the Father, in Jesus as His Son, and in the Holy Spirit during life on earth, and who have accepted Jesus into their heart as their personal savior.

Stacie Spielman
Paranormal Counselor, Author, United States

(58) Feb 11, 2013

Dear Suresh Soni, thank you for sending me your interesting descriptions of your extraordinary experience. I enjoyed reading your reflections and questions, and they are certainly thought provoking. It would be presumptuous for me to provide any definitive

answers, not only because of my limited information and the fact that I do not know you, but primarily because some of your questions, in my view, do not lend themselves to definite answers. I'll just share a little about my approach that may be relevant, and then I'll offer a few comments about your experience.

First, I've always placed a high value on our human capacity of critical thinking and the need for rational understanding. Even after my first, youthful, formative year in Banaras (Varanasi, Kashi), people would ask me about my experiences of miraculous events or other supernatural revelations, but that is not what I was looking for. I had intensive wonderful experiences with remarkable yogis, philosophers, etc., but I never renounced my capacity for critical thinking that, in my view, helps to make us human. At the same time, I do not believe that all valuable experience of reality is rational. I have no doubt that reason is necessary but not sufficient, that reason is invaluable but limited, and that human beings are capable of all kinds of non-rational (which I distinguish from irrational) experiential realization.

Second, I distinguish giving scientific, psychological, social, cultural, historical, and other explanations from interpreting the meaning and significance of our experiences. The two are often related, but they are not identical. Many of your questions require causal explanatory answers (as to why you had that experience, what caused it, etc.), but this is not always the same as asking about the meaning and significance of that experience.

Here are a few specific reactions to your descriptions. I'm particularly interested in the fact that you cannot read or write in the Urdu language, and yet you wrote an Urdu poem. You say that your mother knew Urdu, but did not reveal the underlying meaning of the poem. This is more than an explanation in which your subconscious memory of your father and his Urdu might have led to writing a few Urdu words. To write an Urdu poem is much more thought provoking. Do you know the Urdu translation of your poem, even if not the deeper meaning? Is it syntactically and semantically coherent in terms of the Urdu language?

There are so many suggestive things you communicate. Of course, the occasions of Raksha Bandhan, the full moon, Sharad Navaratri, etc., are all significant and suggestive. I notice how many of your formulations of this ego ("Suresh Soni") transcending experience indicate an experiential passivity on your part, a letting go of your normal self (a rapture seized you, you were a captive of an unseen force, I could do nothing to prevent it, I was being dictated, etc.). This can be related to the phenomenological structure of letting go and being open to a greater spiritual or metaphysical reality that reveals itself, etc.

In this regard, your description of your father's poetic writing and also how you wrote the Urdu poem can be related to a view of deeper creativity, a creativity that flows rather spontaneously when we've let go of our ego conditionings and other limiting variables.

Your reference to this superimposed awareness was interesting for me. As you may know, a major model or paradigm in much of Hindu and other Indian philosophy and religion, as seen most clearly in Shankar's Advaita Vedanta, is the image of superimposition. However, the usual model is the reverse. In ignorance, world illusion, maya, we superimpose what is false (our ego, our spatial and temporal causal world, etc.) onto what is true or real (the Atman, Brahman, etc.) The spiritual goal is to deconstruct and remove what has falsely been superimposed in order to experience the reality that has always been "there."

I think that your final 4 questions all get at the basic dichotomy you express: Was the incident real or was it "faked" (by your subconscious, tricks of the mind, protection against reality of death, etc.)? As you can tell from my first two comments on my approach, I'm not completely comfortable with such a sharp either-or dichotomy.

In terms of critical reflection and especially causal explanations, I have no doubt that memories and imagination trigger and shape unusual experiences, that the mind does play tricks and that we have all kinds of psychological defense mechanisms and escapes from our existential crises, that some experiences can be classified as hallucinations based on overall evidence and experiential falsifications, and so forth.

Nevertheless, I'm not such a causal reductionist, and I do think that such causal explanations exhaust the meaning and significance of your extraordinary

experience. To use your Urdu poem experience, this reminded me of numerous examples in India in which, say, people claim that some illiterate young boy from some village can recite the Sanskrit Vedic hymns or can-do advanced mathematics beyond what my Ph.D. mathematician friend can do. They then claim that this is proof of rebirth and the existence of the soul beyond death. My usual responses are that some of these claims are clearly false, unsubstantiated, part of charlatans and unethical exploiters of the poor and desperate, etc. However, in other cases, I conclude that we simply cannot understand all such experiences rationally or empirically, that we have a largely undeveloped human potential, and that we should maintain an open mind about some "weird" experiences (without concluding that they scientifically or conclusively prove rebirth, etc.).

Many of your fascinating questions are like that for me. I'm always fascinating by how incredible our universe of experience is, and how there are so many signs, images, symbols, and other contents of human experience that are there for us to become conscious of, to decipher, to interpret, and to formulate in an open-ended, creative process of self-constituting and world-constituting reality. I'd better stop now. I realize that I haven't given you definitive or final answers, but I hope that some of my observations may be helpful. With best regards,

Douglas Allen
Professor of Philosophy, Department of Philosophy,
The Maples, University of Maine, Orono, Maine 04469 USA

(59) Feb 11, 2013

Suresh, here is my response to your questions:

"The incident was so real that I cannot dismiss it as false. Knowing that this incident is questionable, please allow me, to ask from you, the following questions for my clarification."

(1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

In my twenty-two years of investigating the afterlife – including the receiving of hundreds of similar instances such as yours, I can tell you that the way you described your experience would have been a visitation from a friendly spirit who wanted to transmit a message to you. There is absolutely nothing foreign to the experience of an afterlife visit. I've even had some of them stating of the hearing a friendly voice telepathically transmitting a personal message. So, your experience is consistent with those many who had similar experiences by way of feeling surrounded by a friendly force … subsequently some of them even had that spirit visitation conformed when they visited a reliable medium.

(2) Do memories or imagination trigger such weird incidents?

No, it is not my understanding that memories or imagination can trigger that kind of an experience. This is especially where there is evidence of an external intervening variable.

(3) Does the mind play tricks to strengthen the belief that life exists after death?

I have never come across that kind of brain-trick scenario. I do not accept that the mind on its own can create that particular scenario you experienced. The mind can play tricks, but not to that extent. We also have to keep in mind that there could be an external force – a spirit entity – who could be trying to influence the mind upon certain matters – e.g., the afterlife. But that would mean there is an external influence on the mind.

(4) Or, Is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

Again, whilst the mind has limited capacity to elicit certain psychological matters, your particular experience would have been the influence of an external entity – the mind cannot do it on its own. Otherwise, millions of other people around the world would have had similar experience.

Victor James Zammit
Ex-Solicitor – Supreme Court of New South Wales and the High Court of Australia, author of 'A lawyer presents the case for the afterlife'

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(60) Feb 12, 2013

Dear Suresh ~ Thank you for contacting us. We're sure you understand that with all the demands on Mr. Walsch's time, in addition to his writing and public speaking schedules, it is not possible for him to respond

to the hundreds of people who write weekly, wanting to speak with him personally. There was a time when it was possible for him to stretch himself to do some of this. However, the requests keep coming in and he is no longer able to keep up with them.

If you are willing to work with others trained by Neale, there is help and support for your questions. Have you heard of The Changing Change Network? It grew out of Neale's book "When Everything Changes, Change Everything," and they focus on helping others through difficult times. Membership is FREE, so please consider joining! The people there are very patient, and work very hard to understand what is being said.

We would ask you, if you decide to join, to copy/paste your questions and re-post them in one of the forums. We would recommend the "Reaching Out" forum. Simply choose "Add a Topic" and begin! They promise to respond within 24 hours. This is a very challenging time for you, and we honestly believe that the WECCE tools can help you with a Spiritual perspective and understanding. We hope you will see if they can help you in any way, and hope you will join the wonderful people. Blessings,

The Walsch Support Team
A Healing community

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(61) Feb 12, 2013

Dear Suresh Soni, there was a time when I would feel qualified to answer your detailed question, because back

then I believed in the worldview of Theosophy. Nowadays, I am not so sure anymore and try to live and find meaning in a this-worldly life. So sorry I can't be of any more help to you but I wish you well. Met vriendelijkegroet | Kind regards,

Frank Visser
A Dutch author of several books, Theosophist and Psychologist of religion

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(62) Feb 13, 2013

Dear Suresh Soni ~ Thank you for your message. My apologies for not replying sooner, but I have been travelling, and have a heavy academic load at present. The world is a very strange place, and we understand little of it, and I really have no firm answers to your questions, other than to say that I have no reason to doubt that such things, as you narrate them, can indeed happen, and that what other people make of them is unimportant. Such questions have been debated for the last century in parapsychology, with no resolution. The recommendation I would make, if I may, is for you to seek out a guru who could guide you in such matters. Best wishes,

Sonu Shamdasani
A London-based author, Editor, and Professor at the UCL Centre for the History of Medicine, University College London

(63) Feb 13, 2013

Dear Suresh ~ Please accept my best wishes. All glories to SrilaPrabhupada. Yes, it is hundred per cent possible that a person who is close to us, reappears again and inspires us. There are many accounts of this. One which I remember is that a deceased father who had huge unpaid debt, appeared before his son and gave him directions to pay the debt on his behalf so that he would be free from karmic responsibilities. Your case is a little different, but such things are well possible. Wishing you all the best and lots of spiritual strength I'm sending you herewith a little something I wrote.

Sacinandana Swami
Hindu Monk- Bhagti Marg, teaches at the Vrindavana Institute for Higher Education in India and the Bhaktivedanta College in Belgium.

(64) Feb 13, 2013

Hello Suresh ~ I have passed your email onto our Council members and they feel that none of them are qualified to answer your questions. Personally, I think that someone in the science field such as a psychologist could possibly answer your questions as they deal with issues of the mind and why such incidents occur. Regards

Judy de Leeuwen
Office Manager, New Zealand Association of Rationalist & Humanists

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As an open-minded, genuine seeker wanting to know reality, I requested them to have a re-look. Their response dated Feb. 15, 2013 is as under:

One of our members has recommended you read the following book: '*The Believing Brain'* by Michael Shermer. He says it deals very well with incidents like the one you have experienced ~ Judy

(65) Feb 15, 2013

When I see myself in such dilemmas, and find myself without a plausible explanation (not that you must stop exploring the explanation), I try to develop an attitude where I consider this as a gift of God that gives me the feeling that I am being blessed. This often I find is soothing and gives peace to mind.

Dr (Col) V K Wadia, VSM, MBBS, MCSEPI, MACCA (USA)
A medical doctor, sexologist, Delhi, India

(66) Feb 15, 2013

To: Suresh Soni ~ Greetings, I'm sorry, but I cannot be of help in interpreting your experience. I am taking the liberty of forwarding it to a colleague, and if she has any comments, she can send them directly to you. With best wishes,

Howard Gardner
Hobbs Professor of Cognition and Education, Harvard Graduate School of Education, Cambridge

(67) Feb 16, 2013

Dear Sir ~ Thank you for writing to us. Our sincere apologies for the colossal delay in reverting to your queries. From what we could understand from your mail, you surely had an unusual experience and no one could deny that fact. However, to explain the mystery surrounding your experience is a totally different thing.

What is this experience? This is a difficult question to answer. Our discussion and inquest conclude that one or more of the following could be your experience:

(1) Divine Experience- God could give you this experience

(2) Demonic Experience- Devil could give you the experience

(3) Psychosomatic experience- caused by stress or any other internal conflict

(4) Fantasizing Subconscious Mind- An experience driven by the subconscious mind which fantasize your father as a hero or as a role model

(5) Hallucination caused by drugs, alcohol etc. or

(6) Due to any other reason.

We feel that it would be imprudent to conclude the source and reason for this unusual experience based on the matter shared in the email. Therefore, before coming to any conclusion there should be in depth examination and investigation, which is difficult at this stage. Below

are our comments to the specific questions that you have put forward in the mail regarding your experience.

Are such incidents hallucinations or a testimony that the spirit of the dead exists?

Those who believe in God also believe in life after death and the existence of the spirit of the dead. Every religion whether Hindu, Christian, Muslim or any other believe in life after death in one form or the other. However, this incident does not give sufficient evidence to prove the fact that 'the spirit of the dead exists'. To determine whether this was a hallucination require further examination into one's personality, temperament, habits, influence of drugs or alcohol, circumstances etc.

Do memory or imagination trigger such weird incidents?

It has been observed that dreams and visions occur to people who have a fantasizing mind. People who fantasize their own death, life after death or frequently imagine about heaven and hell have a higher chance of having dreams and visions of such things they fantasize. Human memory or imagination could trigger such unusual experiences. However, your case requires deeper examination to determine the reason behind such an experience.

Does the mind play tricks to strengthen the belief that life exists after death?

Mind does not play 'tricks' to make you a strong believer in life after death. However, there are other forces that could influence your mind to believe or disbelieve in such things. Both God and Satan can use

mind as a source of beliefs. The Bible teaches that God has revealed all that is required for mankind in the Word of God, the Bible. Therefore, there is no need for specific revelations and vision from God to make one believe in life after death. However, Devil who is the deceiver could deceive one's mind to strengthen or weaken your faith in life after death. But it is not necessary that all our dreams and visions are from Devil, as it could be due to many other reasons which need further investigation.

Or is it a psychological shield of immorality created by mind to confront the realty of death, which is a constant threat to life? Human mind is a factory of imaginations. It has the amazing faculty to be creative or destructive. Every scientific invention started as a thought from some one's mind. When our mind is continuously bound on a certain topic, chances are high that we may have dreams or visions related to that topic. People with melancholic temperament like poets and artists are prone to have such experiences as they continuously imagine fictional things. The subconscious mind at a later stage may trigger these thoughts, resulting in dreams and visions.

Those who fear death may experience frightening dreams about their last moments on this earth. However, it has been observed that those who continuously imagine and positively look forward about their life in heaven may end up having comforting and peaceful dreams about their life after death. Yes, as you pointed out, death is a constant threat to this earthly life. But at the same time, it is the gateway to a completely different world. The thought about life after death is a great matter

of hope for those who have assurance of heaven. No one can deny the reality of death. It comes as an uninvited guest in our life and in our dear one's life. But one thing is sure- death is not the end, it's only a beginning. We would like to sign off with this important question- Are you prepared to face this reality of death with peace, hope and confidence of heaven? God bless you.

Support Team, Answer to life,
A group, which provides meaningful answers to life's various questions, Bangalore, India

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(68) Feb 16, 2013

Hi Suresh ~ Instead of replying to you personally David Lane wrote an essay touching upon the topic you raised ~ Hope that helps. Met vriendelijkegroet | Kind regards ~ Frank Visser

David Lane's Essay On The Questioned Raised By You

Geometric Philosophy
(Written by David Christopher Lane, Ph.D. Professor of Philosophy, Mt. San Antonio College Lecturer in Religious Studies, California State University, Long Beach Author of *Exposing Cults: When the Skeptical Mind Confronts the Mystical* (New York and London: Garland Publishers, 1994) and *The Radhasoami Tradition: A Critical History of Guru Succession* (New York and London: Garland Publishers, 1992).

It is easy to have visions when one is meditating, provided one hasn't slept for a couple of days. Hypnagogic is usually defined as the "transitional state

to and from sleep" can induce all sorts of fantastic apparitions and strange admixtures of light and sound. However, how one ultimately interprets these passing phantasms seems to be directly correlated with theoretic prefiguring.

John Lilly, who was famous for his pioneering studies on how consciousness behaves when deprived of incoming stimuli, came to realize that preset modeling played a transformative role in how one ultimately viewed inner experiences, whether induced by spiritual practices or hallucinogenic. His findings indicated that there was an almost intractable problem confronting the scientific study of the mind because,

"Your theories or explanations will *determine* which *experiences* you will or will not have, no matter what experiments you perform. It is difficult to test a theory in this realm if other beliefs limit the range of available experiences."

For instance, on occasion when I meditate at night and I haven't had sufficient sleep I have very lucid visions of all sorts of phenomena. They appear just as real as anything I witness in the waking state, but these experiences are transpiring with my eyes completely closed. Once I saw a wonderful cascading shower of rain, filled with different colors, and it literally felt as if water drops were bathing my face. Phenomenologically speaking, I would be hard pressed to differentiate this hypnagogic state from what my normal waking awareness.

Yet, I am quite familiar with visual hallucinations and thus I don't take such liquid displays too seriously and I certainly don't give them any special meaning. However, and here is where Lilly's understanding of theoretic prefiguring looms large, if I followed or believed in a different paradigm which took such lucidities as signposts of a higher spirituality (such as with Eckankar or MSIA which places a high value on lucid dreaming) I would most likely interpret such phantasms in a more positive and significant light.

John Lilly provides us with a telling example, as recounted in his autobiography,

"In profound isolation, one may have the experience that other people are present, or that one is receiving communications from sources outside the tank. What one makes of these experiences depends on one's beliefs. A person who believes in telepathy is likely to conclude that the messages are actually coming from someone or something at a distance from the tank. Within such a belief system, the experience will be perceived as real. On the other hand, someone who does not believe in telepathy, having the same basic experience, will perceive the experience as unreal, perhaps calling it an '*hallucination*.'"

Interestingly, when John Lilly had mystical experiences of what he perceived as other worldly beings in his sensory deprivation tank (after taking mind-altering drugs, such as Ketamine), he argued strongly for their ontological objectivity. Whereas, Richard Feynman, the Nobel prize winner in physics for his work on quantum

electrodynamics, who had similar experiences as Lilly (they were friends) labeled his out of body excursions as "hallucinations." Feynman's categorical dismissal miffed Lilly who then criticized him in a personal letter with the terse rebuttal, "you stopped being a scientist the instant you said that word, hallucination."

Feynman countered Lilly's assertion by pointing out that whatever out-of-body experiences he was having (and Feynman recalls becoming very good at) didn't correlate to the outside world, even when undergoing the dissociation, he thought they did. It was for this reason that he tried to convince Lilly that "the imagination that things are real does not represent true reality. If you see golden globes, or something, several times, and they talk to you during your hallucination and tell you they are another intelligence, it doesn't *mean* they're another intelligence; it just means that you have had this *particular* hallucination…. I believe there's *nothing* in hallucinations that has anything to do with anything external to the internal psychological state of the person who's got the hallucination."

Feynman's viewpoint, of course, is also underlined in the Bardo Thodol (or more famously known in the West as the Tibetan Book of the Dead), which also describes the illusory nature of such inner encounters. Evans-Wentz summarizes the Buddhist viewpoint thusly, that all phenomena are transitory, are illusionary, are unreal, and non-existent save in the sangsaric mind perceiving them. . . That in reality there are no such beings anywhere as gods, or demons, or spirits, or sentient creatures — all alike being phenomena dependent upon

a cause. That this cause is a yearning or a thirsting after sensation, after the unstable sangsaric existence."

John Lilly countered Feynman by arguing "that the word hallucination is a trash-bin concept for a whole range of experiences that people wish to discount because they are unconventional or difficult to describe. The term is an unscientific generalization that confuses a multitude of significant processes and specific experiences involving internal reality."

This apparently indissoluble impasse (mysticism vs. neurology? or superluminal vs. mundane?) has implications that are more far reaching and paradoxical than one might at first suspect. A pregnant illustration of this is how a limited purview can actually tripwire an erstwhile rationalist into believing something contrary to their usual commonsense. As Lilly explains, "A behaviorist, usually the most skeptical and hard-boiled sort of psychologist, might enter the [deprivation] tank with the belief that nothing can happen in the brain without some external stimulus as the cause. Should an experience occur which appears to come from a source outside his own head, but with no such possible source nearby, such a person might then be forced to adopt a belief in telepathy in order to explain it. Within the belief system of the behaviorist, this becomes the only acceptable explanation for such phenomena in a framework that does not allow for any inner experience or even hallucinations. Paradoxically, then, a person who does not even believe in the psyche may end up believing in 'psychic communication.'"

What is so unusual about this theoretic prefiguring is that, if it not closely guarded and checked, it can have devastating personal and political consequences, such that a relatively normal and sane person could be diagnosed as psychotic not because of their experiences per se, but by not proffering the politically correct map by which to adjudicate it.

As Lilly insightfully foretells, "Any normal, healthy person could have unusual experiences that would seem real if they believed in them [but] if he did not believe in them, the experiences would seem unreal." In either case the experience is the same, but the interpretative model is different in each. If, however, "such a person believes in the reality of the experience and communicates this belief to a psychiatrist, the psychiatrist would conclude that the individual was hallucinating and might be psychotic."

However, on the other end of the spectrum (as Lilly point outs) if the patient describes an unusual experience and professes not to believe in its reality, then this same "psychiatrist might be less inclined to assume mental pathology."

This then leads us to a most unusual "neural paradox" wherein one is judged not by the experience itself but rather by one's "beliefs or opinions about his experience." Yet in most cases these set of beliefs (or more properly worldviews) were already in place before one had any inner experiences whatsoever. Lilly soon realized after his fantastical encounters of other beings and other universes (frighteningly retold his classic

book, *The Center of the Cyclone*) that how one recounted the experience (as a believer in their reality or as merely an unreal hallucination) made all the difference in how the outside listener judged his relative sanity.

More importantly, however, was how one personally regarded such experiences, since some inner journeys were so utterly horrific that those who saw them as merely hallucinatory night terrors could liquidate their gnawing fears by recognizing their dream-like and unreal nature. But others who firmly believed that such excursions could be caught in a hellish nightmare from which it appeared impossible to escape.

As Lilly astutely summarized, "[such] explanations and theories are really beliefs about the universe and the mind. A particular belief may or may not be true, may or may not cause one to act in a certain way, but that belief will unquestionably set limits on what one can experience."

How then can a science of consciousness proceed if at the very outset our neural prefiguring already contours our eventual adventures of the mind? John Lilly's answer to that query has now become his most cited philosophical witticism:

"In the province of the mind, what is believed to be true is true or becomes true, within certain limits to be found experientially and experimentally. These limits are further beliefs to be transcended. In the province of the mind, there are no limits."

In other words, if consciousness is a virtual simulator, then it can potentially simulate anything given the necessary information. The glitch here, however, is that a simulating brain is invariably bounded by what it believes to be possible, particularly in a society which by its very structure tends to limit what can be plausibly accepted at any one particular point in time and space. Breaking through such psychological and cultural boundary lines is, of course, a daunting task since such taboo breaking makes one a potential outcast. It is also dangerous since there is a fine line between acting as if something "may be real" versus acting as if something "is indeed" real.

Richard Feynman cautioned his would-be scientists at Cal Tech on their graduation day that "The first principle is that you must not fool yourself–and you are the easiest person to fool." While this is certainly helpful advice, the problem is that our brains were designed to trick us from the very start since every experience we have of the world both within and without isn't as Kant pointed out centuries prior "the thing in itself" but rather the end-result of filtering process which invariably colors whatever we see and hear and touch around us.

The recognition that the mind is a simulator par excellence doesn't liberate us from its unceasing simulations, since even that recognition is part and parcel a simulation as well. We are living in a neural paradox which may be likened to an endless hall of mirrors where what think we recognize as real and substantive may on closer inspection be merely an image of an image of an image, ad infinitum.

(69) Feb 17, 2013

Dear Suresh Soni ~ Thank you for your wonderful account. We in the academy cannot say whether you have indeed made contact with your father, or what these experiences mean for those who have them. We do know that they are not entirely uncommon, and that they are powerful. You might explore a great book by William James, the Varieties of Religious Experience, and a less great but still quite useful collection by Etzel Cardena and others, The Varieties of Unusual Experiences. My own website carries some research on these phenomena. I would be honored if you would post this experience there. Thank you again, best

Tanya Marie Luhrmann
The Watkins University Professor in the Stanford Anthropology Department, acclaimed author of 'Of Two Mind'

(70) Feb 17, 2013

Dear Suresh Soni ~ I am sorry for not responding sooner. I read your experience, but I do not consider myself an expert in the area and don't believe my opinion on such matters should carry special weight. Generally, my view is that survival after bodily death requires personal identity and that a necessary condition (and perhaps also a sufficient condition) of personal identity is bodily identity (however that is to be understood). Therefore, since the body does not exist after bodily death then survival is not possible. How then

can I explain your experience? I can't other than to conjecture and as I said my opinion should carry no special weight. I have not done any research to speak of on psychical research, but from what I have read I do not rule out the possibility of the experience that you had, but when it comes to an interpretation of it, I am at a loss. I am sorry to be unable to answer your questions, but if I had the experience, I would happily interpret it as your father communicating with you after his bodily death. It is a comforting interpretation and if you were wrong then you will never know it. Sincerely, yours

Nathan Oaklander
David M. French Distinguished Professor of Philosophy, at the University of Michigan-Flint

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(71) Feb 18, 2013

Hi Suresh ~ Yes, experiences like this are powerful and feel very real. I do not dismiss them as illusion. Yet I also cannot explain what is happening. They remain a mystery to me. Sometimes we just need to accept that we do not know. Sorry not to be able to help you further.

Peter Russell
M.A., D.C.S. F.S.P. British author of ten books on spiritual significance, producer of three films on consciousness; He is one of the leading thinkers on consciousness and contemporary spirituality.

(72) Feb 18, 2013

Dear friend ~ Muslims do believe in such events. There are many books with this topic but most of them are Persian or Arabic. But I think the most valuable resource is Koran. As an example, I narrate some verses of Koran:

They question you about the spirit, say: 'The spirit is from the command of my lord; except for a little knowledge you have been given nothing.'
Chapter 17: AL-ISRA (ISRA') – Juz' 15

Say: 'the angel of death, who has been given charge of you will gather you then to your lord you shall be returned'
Chapter 32: AS-SAJDA (THE PROSTRATION)

Allah takes away souls at the time of their death (the temporary death of sleep), and those who do not die during their sleep he withholds that upon which he has decreed death, but turns lose the other till a stated term. Surely, there are signs in this for a nation who contemplate
Chapter 39: AZ-ZUMAR (THE TROOPS)

Every soul shall taste death. We will try you with a trial of evil and good. Then, to us you shall be returned
Chapter 21: AL-ANBIYA (THE PROPHETS)

AlinaghiJahromi,
Iran

(73) Feb 18, 2013

Dear Suresh Soni ji ~ What you experienced some ten years ago looks very interesting, a bit mysterious and does need some inquiry. I am not the best person to answer your 4 questions. Normally I too would be interested to know clarifications. But these questions and such inquiry are not my priority. I would suggest that you too should not be exercised about such things. Just enjoy, more important issues are: glaring injustices of exploitation and socio- economic disparity. Let us talk. Yours Sincerely

Swami Agnivesh
Social activist, 7, Jantar Mantar Road, New Delhi-110001 (India)

(74) Feb 19, 2013

Hi Suresh ~ I read your mail till the end. And I'm speechless. Maybe you have a certain proof of the existence of life beyond death. Your case is not the first in this kind, cuz the phenomena who we had here is called "Automatic Writing". Definitely there are no hallucinations, but the testimony by itself also aren´t certain proof of the existence of live after death. Maybe your subconscious mind had the poem previously recorded, and it manifested after your dad´s death because your mind reactivates all the memories in relation with him after the incident. There's no imagination involved here for sure. Actually, the mind generates certain images and memories after the death of

a relative to "be in peace with her soul" (or maybe ours). But the cases of automatic writing won´t fix with this case, because you are conscious all the experience. I can´t have the ultimate word so I put your experience on the blog as you suggested to let the readers see the anecdote. Thanks

Alejandro
Rincon Paranormal

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(75) Feb 21, 2013

Hi Suresh ~ Thanks for forwarding this inspiring email. I will present it to my readers for their opinions. As for my opinion….

(1) Are such incidents hallucinations or a testimony that the spirit of the dead exists?

I tend to believe that the spirits of the dead, if only for a brief period of time remain on our plane of existence.

(2) Do memories or imagination trigger such weird incidents?

Memories and imagination may enhance an incident…. unless it is a self-induced manifestation or thought-form.

(3) Does the mind play tricks to strengthen the belief that life exists after death?

I think that depends on the person actual belief in the after-life. The brain has a tendency to reinforce current resolve.

(4) Or, Is it a psychological shield of immortality created by the mind to confront the reality of death, which is a constant threat to mortal life?

I can't really answer that…this is, in my opinion, based solely on the individual.

Lon Strickler
A paranormal / spiritual researcher who writes and mentors on a variety of supernatural & esoteric subjects, Baltimore

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(76) Feb 21, 2013

Thank you for writing to Dr. Sacks. We do print out emails for him to read, but we regret that, due to the volume of mail he receives, he is unable to reply personally. Best wishes

Kate Edgar
On behalf of Dr OLIVER SACKS, M.D, Professor of Neurology, NYU School of Medicine, author of New York Times best seller 'Hallucinations' New York

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(77) Feb 21, 2013

I am sorry, but I do not have anything useful to say about your experience. With best wishes,

T. M. Scanlon, Jr.
Professor, Department of philosophy, Harvard University, USA

(78) Feb 22, 2013

Thank you for writing to the Richard Dawkins Foundation for Reason and Science. Your email will be read by a real person but due to the volume of mail we receive we can't reply to each one individually. Please note that attachments and web links will not be opened. Regards,

Suzy
Richard Dawkins Foundation for Reason and Science (US)

(79) Feb 22, 2013

I am dealing with much personal business right now and will not have time to respond for at least a month. Sorry.

Bob Carroll
The Skeptics Dictionary, exploring beliefs, deceptions and delusions

(80) Feb 22, 2013

Dear Suresh ~ Thank you very much for sharing your story with us and for your interest in the Immortality Project. Unfortunately, we are not qualified to answer the questions you pose. Some of the research by this project is very much focused on the issues your story raises. Please continue to pay attention to our website and to further developments in the project. We are still in the early stages of the grant and hope that some of the

research that comes out of the project will shed some light on these interesting and complex issues. Best

Ben Mitchell-Yellin, PhD
Postdoc, Immortality Project US

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(81) Feb 22, 2013

Hello ~ Thank you for submitting an e-mail to Penn's Sunday School. I may not have the time to reply to every letter we receive, but I do read through every e-mail and pick the best ones of the week to read to Penn on the air. If you are selected or not, feel free to continue to send in your questions to Penn ~

Dustin Knouse, PSS Editor
Penn Jillette, is an American illusionist, comedian, musician, best-selling author

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(82) Feb 22, 2013

It sounds to me that you had a very intense experience. I'm afraid that I do not have anything much to add, however.

David Danks
Associate Professor of Philosophy and Psychology Carnegie Mellon University, Pittsburgh

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(83) Feb 22, 2013

Dear Suresh ~ Thank you for your mail and I am sorry that you have lost both your mother and your father and

your tale is indeed a strange one. The reason why we have not responded to your previous email is that we feel somewhat uncomfortable doing so. We are not an organization that provide answers to problems such as these. We are an organization that train philosophers to work in schools with children and teachers to engage them with philosophical problems and issues. But at the heart of what we do is not to tell them answers and solve problems but to encourage them to engage with the issues for themselves by the application of rational thought through discussions with one another.

One reason why we resist answering such questions is because they are notoriously difficult to answer definitively. Whatever I say, you will have to make sense of it anyway. All I can do is point you in certain directions to explore further, for yourself, the questions and issues that haunt you Also, many of your questions are probably better answered by psychological research rather than philosophy. The philosopher David Hume wrote a famous paper called 'Of Miracles' which I think will address some of your concerns and much has been written in response to this paper since. Have a look at it and some of the responses and then decide what you think of 'testimony' as a reliable method of knowledge about supernatural events. Also, the issue of the 'authority of personal experience' as a reliable access to knowledge about such events is also worth looking into. The psychologist Richard Wiseman has written a good deal on all the issues you are interested in, but I must warn you: he is a sceptic and thinks that there are rational explanations for pretty much all supernatural

occurrences. However, he does draw upon research to back up his claims. I've read his book 'Paranormality'.

It is very possible that you will find my response unsatisfactory, but you will not find answers from what other people say. In the end the answers must come from you because you have to decide, or make sense of, what happened and what anyone may tell you. In order to do this, you could undergo some form of therapy such as psycho-analysis or some kind of counselling. Of course, this may not be necessary but it could be helpful. I hope this affords you some help. All the best

Peter Worley
The Philosophy Foundation, 10 Hennel Close, Forest Hill SE23 2NT

(84) Feb 23, 2013

Dear Soni Suresh ~ I am not sure why you think I would be well equipped to answer your questions. I am sorry to say that I know nothing of the phenomena of which you speak. I hope somebody else might be better equipped to help. Very best,

Fanny Söderbäck, PhD
Assistant Professor of Philosophy, Siena College, School of Liberal Arts, Loudonville NY, 12211

(85) Feb 24, 2013

It sounds likely that what you had was a Oneness Experience, where you and all of creation are one. These

are usually spontaneous. You can find quite a bit of information on the web written by people who have experienced them. Namaste,

Mickey
Light Source P'taah

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(86) Feb 26, 2013

Hi, Suresh ~ Thank you for writing to the Spirit Masters who answered your question today on Facebook: Reincarnation Guide. We are glad you chose to contact the Masters. We hope their answer is helpful to you. Thanks, and best wishes

***Questions**: Masters: (1) Does the spirit of the dead exist? (2) Do memories or imagination trigger their presence? (3) Does the mind play tricks to strengthen the belief that life exists after death? (4) Or, a psychological shield of immortality is created by the mind to confront the reality of death? ~Suresh, India*

Answer: We must start out this discussion with the fact that all humans are really souls, particles broken off from Source energy, who are having a physical experience. The bodies you see are just like a suit of clothing they have adopted for their time on Earth. When the physical body wears out, or the soul decides it has had enough of that particular life, it leaves the physical shell behind and goes back to its energetic form where it can go anywhere it wills. What you call a spirit we call a soul. It never dies or ceases to exist; it just changes form.

It has the ability to make itself known to those on Earth if it chooses.

All of your other questions deal with the purely physical aspects of a human body. Each deal with a concept that the thinking brain might want to understand or of which it might demand scientific proof of existence. Once the soul has shed the body that is controlled by the mind, it instantly knows everything and can communicate with all other souls. You want a judgment of something being or not being; we just are.

You are talking about accepting a belief that cannot be proven scientifically but must be felt. Human beliefs are gathered together mostly by things that have been said by others sharing the life cycle with you. To answer how you feel about death, reincarnation (returning for another life), or the immortality of the soul, you have to go into your own feelings, not the scripted statements of others. Just as you can't scientifically prove love, or even the existence of electricity, except by the results they produce, you cannot physically document immortality.

If you are open enough to the possibility of communication between humans on Earth and souls not on Earth, you may get a feeling or a knowing that souls are eternal and have done the human journey many times. This comes from a gut feeling, an intuition, or an evaluation of the facts and messages you receive. After all, you addressed these questions to us. We are with Source; therefore, we are nonphysical and eternal.

Toni Ann Wenninger, and Peter Watson Jenkins

(87) Feb 27, 2013

Dear Soni Suresh ~ Thank you so much for contacting CARM and your interest in this ministry. The linked article below may help to answer your question: http:carm.org/soul-cease-exist-after-death

Does The Soul Cease To Exist After Death? ~ by Matt Slick

No, the soul does not cease to exist after death. The Bible clearly teaches us in the New Testament that we continue on after death. We will go over those Scriptures, but before we do, those who affirm soul sleep often refer to the Old Testament and obtain their doctrine from it alone.

- Eccl. 9.5, For the living know they will die; but the dead do not know anything, nor have they any longer a reward, for their memory is forgotten."
- Eccl. 12.7, "then the dust will return to the earth as it was, and the spirit will return to God who gave it."

Often, the case with people who hold this position and refer to Ecclesiastes forget the context. The first three verses of Ecclesiastes say,

"The words of the Preacher, the son of David, king in Jerusalem. 2 "Vanity of vanities," says the Preacher, "Vanity of vanities! All is vanity." 3 What advantage does man have in all his work which he does under the sun?"

Notice that he is writing about things from a human perspective, from that which is "under the sun." He is

not providing doctrinal statements about life after death. From the human perspective, when you die the dead don't know anything in that the spirit returns to God who gave it. But neither one of these statements means that the soul ceases to exist. Of course, the pro-soul sleep advocate will say that "the dead not knowing anything" means they don't exist. But again, this is written from the perspective of people on earth. Also, we do not interpret the New Testament in light of the Old. It is the New Testament that interprets the Old Testament. This is why we look to what the word of God says in totality.

Matthew 17:1-8

"And six days later Jesus took with Him Peter and James and John his brother, and brought them up to a high mountain by themselves. 2 And He was transfigured before them; and His face shone like the sun, and His garments became as white as light. 3 And behold, Moses and Elijah appeared to them, talking with Him. 4 And Peter answered and said to Jesus, "Lord, it is good for us to be here; if You wish, I will make three tabernacles here, one for You, and one for Moses, and one for Elijah." 5 While he was still speaking, behold, a bright cloud overshadowed them; and behold, a voice out of the cloud, saying, "This is my beloved Son, with whom I am well-pleased; listen to Him!" 6 And when the disciples heard this, they fell on their faces and were much afraid. 7 And Jesus came to them and touched them and said, "Arise, and do not be afraid." 8 And lifting up their eyes, they saw no one, except Jesus Himself alone."

This is known as the Transfiguration of Christ. What is important to note is that Moses and Elijah were both alive in there, so to speak, dead state. In other words, they are not united in their resurrected bodies because the general resurrection has not yet happened. Therefore, we can clearly see that there are at least two people who are alive, after death, who are not in their physical bodies.

Luke 16:19-31

"Now there was a certain rich man, and he habitually dressed in purple and fine linen, gaily living in splendor every day. 20 "And a certain poor man named Lazarus was laid at his gate, covered with sores, 21 and longing to be fed with the crumbs which were falling from the rich man's table; besides, even the dogs were coming and licking his sores. 22 "Now it came about that the poor man died and he was carried away by the angels to Abraham's bosom; and the rich man also died and was buried. 23 "And in Hades he lifted up his eyes, being in torment, and saw Abraham far away, and Lazarus in his bosom. 24 "And he cried out and said, 'Father Abraham, have mercy on me, and send Lazarus, that he may dip the tip of his finger in water and cool off my tongue; for I am in agony in this flame.' 25 "But Abraham said, 'Child, remember that during your life you received your good things, and likewise Lazarus bad things; but now he is being comforted here, and you are in agony. 26 'And besides all this, between us and you there is a great chasm fixed, in order that those who wish to come over from here to you may not be able, and that none may cross over from there to us.' 27 "And he said, 'Then I

beg you, Father, that you send him to my father's house— 28 for I have five brothers—that he may warn them, lest they also come to this place of torment.' 29 "But Abraham *said, 'They have Moses and the Prophets; let them hear them.' 30 "But he said, 'No, Father Abraham, but if someone goes to them from the dead, they will repent!' 31 "But he said to him, 'If they do not listen to Moses and the Prophets, neither will they be persuaded if someone rises from the dead.'"

We can see in the story of Lazarus and the rich man that after each have died, both were conscious and self-aware. Jesus is obviously teaching that the soul survives after death. Still, there are those who will say that this is a parable. Of course, the problem with this theory is that parables don't have proper names in them. In this case there is a specific individual named: Lazarus. Also, if it were a parable, then what is Jesus saying with the illustration of consciousness after death and before the resurrection? The most logical answer is that Jesus was teaching us that there is life after death.

2 Cor. 5:8

"We are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord."

Paul is telling us that he would rather be outside of his body, "absent from the body," and be at home with the Lord. If soul sleep is a true doctrine, then how is it possible to be outside of the body and also be home with the Lord? It wouldn't make any sense.

2 Cor. 12:1-4.

"Boasting is necessary, though it is not profitable; but I will go on to visions and revelations of the Lord. 2 I know a man in Christ who fourteen years ago—whether in the body I do not know, or out of the body I do not know, God knows—such a man was caught up to the third heaven. 3 And I know how such a man—whether in the body or apart from the body I do not know, God knows— 4 was caught up into Paradise, and heard inexpressible words, which a man is not permitted to speak."

In order to properly understand this section of Scripture we need to know what is meant by the term "third heaven." In the Jewish theology there were three "heavens." The first heaven deals with the atmospheric region. The second heaven deals with the region of outer space. The third heaven is God's dwelling place.

So, when Paul says that knew someone who was caught up to the third heaven, he was speaking about entering into that dwelling place of God. What is important is that it occurred either in the body or out of the body of which he did not know. If soul sleep is a true doctrine, it could not be said that such a person who is outside of his body (who had died), was also with God at the same time. It just wouldn't make any sense. Therefore, soul sleep is wrong.

I know this article only partially answers your question. If you would like to get a better explanation of what happened to you, I would highly recommend this book: "Death of a Guru" by Rabi Maharaj. It is an easy read; I just think it would really help you. If this does not fully

answer your question, Matt invites you to call in to CARM radio. We apologize for the time it took to acknowledge your email. CARM is working with limited staff. Your input is appreciated.

Linda
CARM Christian Apologetics & Research Ministry, Portland, Oregon

(88) March 02, 2013

Dear Suresh ~ Namasteji. Thanks for sharing this well-articulated sharing. Sorry it has taken some time to respond. I find your narrative quite compelling and I will response from personal ((experience)) as well as from my years as a philosopher teachings Hindu and Buddhist Thought, Zen Philosophy and deep from the evolving European and Greek traditions of Wisdom. Socrates, in a classic dialogue, as he was about to drink the hemlock (his execution in prison) taught his disciples the ((Immortality of the Soul)). Descartes, in his great ((Meditations)) sought to prove the Immortality of ((soul)) …. This runs through the Gita, through Buddha's teachings…and across the planet. The collective ((Wisdom)) of the Planet converges on the consensus that ((Life)) does not /end/- the Primal Field of Reality, whatever name we use- Tao, Aum, Brahman, Yahweh, Allah, Christ, God…. does not /die/, and we all flow from this ((Infinite Force Field)). What you experienced does not make sense from the /ego mental mind/ or /culture/. But when we shift to the awakened ((lens)) of ((Wisdom)) is makes perfect ((sense)). There

are two cultures of Literacy and to dimensions of realty. The /ego mental culture/ is lodged in /death/, while the awakened ((culture)) understands that the ego mental /death/ is a distortion of ((Death)). Your ((experience)) appears to be coherent, lucid, and the ((synchronicities)) that your mother pointed out surrounding the ((life and death)) of your ((Father)) is further corroboration of the ((authenticity)) of your encounter with your ((Father's Energy Field)). So, your ((experience)) is affirmed in one ((culture)) and gets "flack" is the /ego mental culture/. Hope this helps. Warmly

Ashok K. Gangadean
Margaret Gest Professor of Global Philosophy, Director of the Margaret Gest Center, Founder-Director of the Global Dialogue Institute, Co-Convenor of the World Commission on Global Consciousness and Spirituality Haverford College, Haverford, PA 19041, U.S.A.

(89) March 02, 2013

Dear Suresh ~ I apologize that I am so busy that I cannot answer most emails that come to me. I have over 700 emails awaiting my reply. Please be assured that many kinds of spirits do exist, including those spirits of the dead who are still attached to this world. Your entire experience with your father sounds very authentic. That is very beautiful that he came to you. In One Love,

Solara
A spiritual teacher, UK

(90) March 04, 2013

Hi Suresh ~ Thank you for your patience regarding my delayed reply. My response is a personal response by a fellow seeker of Truth, and not on behalf of the TAT Foundation. I assume that the story you have relayed, is a personal experience, and not a fictional story. As to your questions…

(1) What you describe is an experience of your mind, a mental vision which appears to have arisen spontaneously without a preceding perception to trigger it. I have heard of and read of similar types of experiences. Some such experiences can be corroborated to a degree, such as yours, or validated by other means. Meaning is ascribed to them by individuals who experience them. Is it communication from a spirit? Richard Rose, founder of the TAT Foundation, studied spirits and materializations, and found they appeared to evidence no real intelligence beyond the mediums that materialized them. He also noted the biblical phrase, "The dead know nothing. "That your experience evidenced an aspect of creative intelligence implies something more to me. I would not pretend to know the mechanism of your experience. However, your mental vision illustrates that the mind is not limited by time and space, and that thought exists outside the individual mind.

(2) It is always possible that imagination can create mental visions based on past memories and perceptions. One of the hallmarks of a genuine experience (i.e. a mental vision not created by imagination) is that they are random, unexpected, spontaneous events. These seem to

be qualities of what you describe, so that the mental vision you described does not seem to have been imagined, but a spontaneous experience.

(3)(4) The mind plays tricks to keep the individual's attention focused outward. The mind fears its own dissolution. When one applies energy and attention inward to know the self, to find God, to discover the source of one's awareness – however, one phrases the great question of life – the mind is ultimately seen as an obstacle. That which survives death is beyond the mind, and is the witness of all. Nisargadatta wrote, and I paraphrase, 'that which dies never lived, and that which lives never dies.'

In your email, I sense a strong love for your father and family, and a desire to somehow remain in touch with them or their spirit. I empathize with this feeling. There is, however, something that lies beyond even that. And this desire and love for unity may be used as a personal motivation to find that aspect of self which witnesses the mind and its visions. If pursued, you may find a spiritual value and unity beyond that which you seek at the present time. There is a book by Nisargadatta entitled "I AM THAT" which you may find of great interest. In addition, Richard Rose's "Psychology of the Observer" outlines the nature of the mind and the many mental experiences of life. It is not my purpose to sell books, but to perhaps provide some teachings that might provide additional inspiration for you to resolve your questions in a direction that leads to understanding. In Friendship,

Mike Gegenheimer
TAT foundation, a forum for friendship and spiritual search

(91) March 05, 2013

The answer is spirits do not exist. Best wishes,

John R. Searle
An American philosopher, currently the Slusser Professor of Philosophy at the University of California, Berkeley

(92) March 09, 2013

No – spirits and souls do not exist.

Geoffrey Lee
Professor of Philosophy University of California, Berkeley USA

(93) March 09, 2013

Dear Suresh ~ Forgive me for not replying sooner – until I received your request, I did not take seriously that you actually wanted my opinion. Since you ask, here is my response:

Yes, of course souls exist. Spirits exist also. And there is life beyond the life of this world.

From the experience you describe it would seem that you were visited by the soul of your father, especially since it occurred on the occasion of the festival of Raksha Bandhan where ties of affection and protection are celebrated, and was for the purpose of comforting you. This is evidenced by the feelings that accompanied

the experience. Accept it as a gift and don't think too much about it.

I would suggest that you give thanks and offer prayers for your father, for not everyone is given to have this kind of experience, even once in a lifetime. I don't see this as a trick by your subconscious at all, but as a real experience. With kind regards,

Ruslan Moore
Founder, Al-Baz Publishing Inc. 38th Street Oakland Park, U.S.A.

(94) March 09, 2013

Dear Suresh ~ I have just come out of hospital. I apologize for not responding sooner. I have your longer e-mail from before, but I can respond to your short question very simply. I do not believe that there are any disembodied spirits or souls. I believe we can understand why we feel the need to believe in them ~ it does not have to do with their existence, but more to do with our own emotional states. This is my opinion, but of course I recognize that it may not be yours. Best wishes

Jagdish N. Hattiangadi
Professor of Philosophy, York University, Toronto, Ontario, Canada

(95) (Feb 21) / March 09, 2013

I am sorry, but I do not have anything useful to say about your experience. With best wishes,

T. M. Scanlon
(Prof. Thomas M. Scanlon, Jr.)
Professor of Natural Religion, Moral Philosophy, and Civil Polity Department of Philosophy Harvard University

(96) March 10, 2013

Our answer would be "no".

Got Questions.Org

Bible Questions answered

(97) March 11, 2013

Dear Suresh ~ Thank you for writing and I apologize if I did not respond to your prior message. I very much believe in spirits and I think you likely had a genuine episode of communication with your deceased father. In regards to your inquiries about such episodes, I recommend that you consider reading two books that I have written, which are cited below.In these books, my own work with a discarnate spirit being named Ahtun Re is described. If you do read the books, let me know what you think. God bless,

Walter Semkiw, MD
Medical doctor, author of: Bornagain: Reincarnation cases involving evidence of past reincarnation lives, with Xenoglossy cases researched by Ian Stevenson, MD,

Books: Origin of the Soul and the Purpose of Reincarnation

The following message was received by me from Walter Semkiw in a separate e-mail dated March 11, 2013, as under:

"It sounds like your father is a very beautiful soul." ~ Walter Semkiw, MD

(98) March 11, 2013

If by 'soul' or 'spirit' you mean something conscious (esp. something "nonphysical" or even "non-material") that goes on after bodily death, I am very doubtful for many reasons, e.g., the way that brain damage/deterioration leads so clearly to a lack of consciousness depending upon where the damage is. But, when one dies, the entire brain ceases to function, so I have a hard time seeing how consciousness can continue. Take care

Dr. Rocco J. Gennaro
Professor and Chair, Philosophy Department, Phil of Mind/CogSci Area Editor, Internet Encyclopedia of Philosophy, College of Liberal Arts, LA 3023, University of Southern Indiana

(99) March 11, 2013

Dear Suresh ~ Thank you kindly for your email. Again, I'm afraid that it's not possible for Venerable KhenchenThrangu Rinpoche to respond personally to your request. In regards to your question, the Buddhist view is that, although there are many physical and non-

physical phenomena happening in our existence, there is no fixed, permanent, separate self or soul. Everything is impermanent and interdependent. As for spirits, I'm not sure what to answer. I think that in many Asian cultures it is the norm to accept spirits or ghosts as existing. However, in our Western culture that is not the usual norm. So that's all I can answer! By the way, this is just my personal answer–not so much on behalf of Gampo Abbey. Thank you! Kind regards,

Dawa
Office coordinator, Gampo Abbey, a Buddhist Monastery, Nova Scotia, Canada

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(100) March 11, 2013

It sounds likely that what you had was a Oneness Experience, where you and all of creation are one. These are usually spontaneous. Namaste

Mickey
Light Source P'taah

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(101) March 27, 2013

I've had some similar experiences, particularly when I was much younger and meditated regularly. My own opinion –not necessarily what I would like to believe– is that such experiences are the products of memory and imagination, and testimony of the power of our minds to construct meaningful experiences, and not, in the end,

persuasive evidence for the continuing existence of spirits of the departed. Sincerely,

John Perry
Professor of Philosophy at Stanford university and Distinguished Professor of Philosophy at the university of California, Won the 2011 Ig Noble Prize in Literature

(102) April 17, 2013

Dear Sureshji ~ Jai Gange! I hope all is wonderful with you. Thank you for your beautiful email which I read with a sense of rapture and joy. I received two messages from your mail which I hope you will allow me to share with you.

The first is the sense of what beautiful souls your divine parents are and that you too have a beautiful soul and spirit. You have been truly blessed to be touched with this divine experience and for your parents to communicate and flow their essence through you. It shows that love and devotion must have been cultivated in your family and that you, even as an intellectual functioning adult, have the simple and pure heart of a child. Your heart is clear enough to channel your divine father's presence through you and for that presence to be felt by your beloved mother. I can only offer my humble appreciation for you at your feet.

Yes, it was a real experience. Yes, your father came to you and the purpose of his presence was indeed, I feel, to call your mother home. It often happens this way and this is not an uncommon experience. Spirit can offer

some validation of who they are and so the poetic connection and the writing are confirmations to you that indeed it was your father's presence.

I think deep down you know the truth of your experience; your heart knows you are connected to the spiritual and divine realms. And yet, our intellect cannot understand or fathom spirit. When spirit is the form of book knowledge, lectures and discourses the intellect can accept it as a "concept" but when it presents so strongly in the material world our minds can seek to reject it. Add to this confusion our egos, whose sole purpose is to bring confusion and diminishment to our lives, will jump on board the intellectual challenge and cause even more confusion.

If you sink below the waves of confusion of mind, intellect and ego and sit in divine presence, you will know that what you feel is true. Your parents are with you, you experienced the thin veil between the material and spiritual realm and that love was at the core of your experience.

Please have faith, you are right, your doubt is wrong and may you use the gift of this experience and your loving spirit to move forward will full certainty that life does not end when the body does, that you are never alone, your connections are based on love and that you are a child, not only of your parents, but God Himself. My humble pranams to you, With love,

Rena Pathak
Parmarth Niketan Ashram, Rishikesh India

Post Script: The delay in reply occurred as both Pujya Swamiji and PujyaSadhviji were at Kumbh and from Kumbh straight away went to attend an International Yoga Festival ~ Rena

(103) March 21, 2014

Hi Suresh ~ There are no hallucinations in human mind ~ only wrong thoughts of our rational mind ~ to understand the phenomena of your wonderful experience we have to ask our primordial and thought-free spirit, because he sees and knows without any failure. "Hallucinations" is the terminology of psychiatry and therefore a hypothesis of an illness, but our true spirit can never be ill, he is our higher self, our very soul. Thoughts can be confused, because our lower spirit (the conscious mind) is only the servant and not the king. That's why Patanjali says "Yoga is the cessation (of identifying with) the fluctuations (arising within) consciousness. Then the Seer abides in his own true form."

Peter Todesco
School of Meditation Tannenzaunstrasse 5 PO Box 1463 CH-8610 Uster 1 Schweiz/Suisse/Switzerland

(104) March 19, 201

Hi, very interesting ideas on your WordPress blog. I can relate very well to your experience as I was a paranormal investigator for a couple of years with a local group here in Canada. I stopped investigating with the group

because I soon came to the realization that these groups are formed for personal thrill seeking and less about actually acquiring accurate evidence of the spirits we were interacting with.

In my time with the group, I experienced many spirit interactions of all sorts, as well as, many nights of nothing at all. In the time I acquired video evidence, electronic voice phenomena and personal experiences. There is no doubt in my mind that the spirits are real. They exist in an unknown dimension that occasionally interacts with our own limited dimension, sometimes good, sometimes bad.

The personal experience I had that made me consider resigning from pursuing the spirits with the group was a profound personal experience. I was communicating with an unknown spirit using a flashlight (like on television) and it was effective for yes and no answers. I asked the spirit to spell its name by turning on the flashlight when I recited the appropriate letters of the alphabet. It took a long time and in the end the letters seemed like gibberish. However, when I entered the letters into Google Translator and selected the phonetic translation it translated into English from Arabic as "I am dead ". It was an appropriate answer, but one I no longer wanted to pursue openly.

For many generations, from all over the world, from many cultures there has been one message passed down," the dead are better left alone" "Respect the dead and let then lie in peace". It is now I understand fully that statement.

Many people I have talked with over the years consider themselves spiritual but do not follow any particular religion because it is as you say 'from a redundant age'. More recently, I have 'awakened' and now I am trying to find my place in a society where freedom is a myth and religion is destroying civilization. We are entering an era where our universe seems to be teeming with life, where governments are trying to re-assert their control over their respective populations and persecution is rampant. We as a whole, face an uncertain time in this turning point for modern civilization, it will either blossom into something we have only dreamed of, or (more than likely) end miserably in a pile of dust. Sincerely,

John Drescher
Artist ~ Surrey, British Columbia, Vancouver, Canada

Opinion Poll

The author encountered with the soul of his deceased father and experienced a trance writing spell, on the festival of Raksha Bandhan, in the year 2003. Coincidentally, his father died 17 years ago in 1986 on the same festival, which is celebrated every year in India. He narrated the incident to his mother. She saw this incident as an omen of her impending death. Within a few weeks, she passed away, fulfilling her own prophesy.

The authors mother, while praying, shared a deep rapport, with Ma Durga. As a devotee of Goddess Durga, she had chosen her own time to give up her life, during the festival of Navaratri – by surrendering her mortal remains, at the feet of her most adored Goddess.

The author tried his best, to forget this mystical incident, but failed. He, then thought that time would soon erase it, from his memory, that too, didn't happen. Instead, the impact of the incident, kept simmering, in the back of his mind, and reached a point, when the lid of secrecy, laid over it by the author, suddenly blew out, like a lava rushing out from a volcano.

Now, the author could not brood over it anymore, he was forced by circumstances beyond his control, to negotiate

and deal with his suppressed mental condition directly, face-to-face, head-on, the way it had happened than, but had now spilled all over in open domain.

Since, he did not know, how matters that defy reasonable explanation are handled at individual level, he posted a blog on October 12, 2012, inviting the readers to give their opinion on this extrasensory experience, he wanted to forget but couldn't stop, thinking about it, over again and all over again.

The Range & Reach Of The Incident

Three significant features seem to emerge from the incident: (i) After Death communication (ii) Automatic Writing and (iii) Paranormal Phenomena.

Bogus-Baba's, Greedy-Gurus and Pseudo-Psychics were ignored purposely, to keep the opinion poll, free from stereotype replies.

The author shortlisted people from whom, he proposed to seek a free and frank feedback. His sole objective was to discover and divulge, the realness and the ramification, of such incidents, on those who experience it, and the scope of its manipulation, if any.

Objective

With this specific aim in mind, the author reached out to the readers through a blog. To keep the incident, free from wishful thinking, blind faith, conservative assumptions and superstitions, he devised a few

questions, itemized them in order, and invited the readers to respond.

The information sought by the author, was not forthcoming readily. So, to make the questionnaire reader-friendly, the survey format was tapered to a single question, around which all other questions revolve – 'Do souls exist?'

Process Of The Opinion Poll

To conduct an opinion poll:

A blog titled :

http://www.sureshkumarsoni.wordpress.com was posted on October 12, 2012. Initially, the blog did not evince response. The 'No Response' situation arose because author was not computer savvy, he lacked the basic knowledge of how to use online technology to get the best result.

However, to draw public attention on this matter, he emailed a questionnaire to people who really matter. More than two hundred emails were sent to the shortlisted persons directly. The author used a simple, old conventional, yet an effective method, and managed to get more than one hundred responses.

The overall result of the opinion poll is given as under:

Statistical Data

Time Frame

Three months, with effect from, january, 2013 to march, 2013

(A) Activity Chart

Number of emails sent	200
Number of responses received	102
Response in percentage	50 %

(B) Response(S) On The Questionnaire

Yes	44 %
No	14 %
Not sure	42 %

(C) Country-Wise Response

United states of america	46 %
India	16 %
United kingdom	14 %

Canada	05 %
Iran	02 %
Australia	02 %
Scotland	02 %
New zealand	01 %
Dubai	01 %
Belgium	01 %
Germany	01 %
South africa	01 %
Singapore	01 %
Countries not cited	07 %

(D)Category Of Respondents

Professors	34 %
Religious and spiritual teachers	20 %
Authors	14 %

Medical practitioners	06 %
Rationalist	06 %
Neuroscientist	02 %
Member of legislative assembly	01 %
Political / social activist	02 %
Others	15 %

(E) Gender Mix

Male	80 %
Female	20 %

The Key Statistical Findings

Analyzing a 'Narrative Data' is not an easy task. Narrative data, often lack an integrated layout, which is an essential part of a numerical format. Narrative data is nothing more than a compilation of random and unconnected statements, difficult to decode.

Therefore, to simplify the whole evaluation process, the author posed one simple and single question to the readers to respond, which he considered, was enough to wrap up, the impact and implication, of the whole incident.

Based on the responses received from the readers, the result of the opinion poll, which highlight the key indicators is summarized, as under:

(A) The figures appearing in the 'Activity Chart' show a lukewarm response because just 50% of the readers responded, the remaining readers ignored it, despite being reminded. This resulted in 102 responses, out of more than 200 emails, sent to various people, in a span of three months. The figures demonstrate, that people have expressed an 'Average Interest' on the issue under consideration.

(B) The figures appearing at 'Response(s) on the Questionnaire' show that 44 % respondent believe souls exist. 14 % do not believe in souls, while 42 % are not sure, whether souls exist or do not exist. The 'Ayes' outnumber 'Nays', and the 'Not Sure' response is almost at par with 'Ayes'. This is a dicey situation, which leads to an inconclusive result. Though the 'ayes' come out statistically strong against the nays. But, if we examine the issue in its totality, by taking the 'Not sure' responses too, into account, then no clear mandate emerges from the poll.

(C) The figures appearing at 'Country-wise Response' show that the maximum number of respondents 46 % are from United States of America, followed by 16 % from India, and 14 % from the United Kingdom. Statistics reveal that Americans are more eloquent, in comparison, to people belonging to other countries. It seems, the biblical adage 'Give an answer to everyone, who asks you, to give the reason, for the hope that you have'…

seems to work well, with the Americans, people from other countries should emulate them.

(D) The figures appearing under the 'Category of Respondents' show that 34 % of the respondents are 'Professors' from leading universities, and 20% are important 'Religious and Spiritual Teachers', while 14 % are well-known 'Authors' and 15 % belong to other important walks of life. Distinguished 'Rationalist & Medical practitioners' comprise 6 % each, and notable 'Neuroscientist & Political-Social activist' cover 2 % each. Responses coming from eminent persons and the intelligentsia is a good reason for us, to conclude that educated people, are now looking for, decisive answers on paranormal matters.

(E) The figures appearing under the 'Gender Mix' chart, shows that response by males is 80 % and females 20 %. Gender imbalance occurred because lesser number of emails were sent to females in comparison to males. As such, the result does not reveal the superiority of the males over females in the matter of communicative skills.

The Unexplainable Explanation

The poll survey shows, readers have failed to give a clear mandate. It is a no-win, no-loss situation, a tie between Reason and Belief. With an ambiguous consensus, the author was stuck, at the same place, from where he had started the poll, to find answers, to the perennial question – Do souls exist?

Mario Beauregard, the well-known neuroscientist and author, commented on this incident stating that… "*Nobody but you can respond to your questions*" …

Dr. Raymond Moody the famous philosopher, psychologist, physician and author, who coined the terminology Near-Death Experience (NDE) and researched the transpersonal dimensions of death and dying, wrote on this incident, by stating that… "*These kinds of spiritual experiences are common and do seem to have very long lasting, even life changing effects, on those who experience them, so that would infer that they are real*" …and

Linda Hess remarked... *"Keep the question open. What does this experience mean to you?"*

These comments have significantly inspired and impelled the author, to review the whole issue once again, by sharing his own vision and the knowledge of his personal experience.

As a rationalist, the author believed that anything, which is beyond human understanding, strays the mind from the path of truth. So, he kept himself away discreetly, from the esoteric. Not knowing, what he was distancing from, will someday, draw him so close to it, unsuspectingly.

Ways of the world are mysterious indeed, they go beyond the ambit of logical explanations, and mysterious incidents seldom repeat or rewind, they flicker and fizzle out so quickly, like a fragrance that lingers for a while, and scatters to dissolve in air, hard to hold, contain or analyze it, experimentally.

Believe it or not, the author had never expected that one day, at the fag-end of his life, he would act so silly, as to discuss, the spirits of the dead, with such intense curiosity, and great concern, he had never ever shown before.

Contradictory views help to comprehend reality. While educated people look to ascertain the authenticity of such incidents. Their first victim is often the 'Experiencer' of the incident, who comes under their scanner. His credibility is questioned. Is he lying to make others, believe that souls exist? Even though the 'Experiencer' struggles to explain his point of view, in vain.

Under such circumstances 'Does the author need faith in the established beliefs', or 'Have faith in something that is beyond his own understanding' or 'Should he seek faith in something, he doesn't 'believe in' to explain his point of view?

There are a number of rational and irrational factors, drawn into the mystical working of the world. Some are full of meaning, others devoid of meaning, resting on a person's personal perceptions and not on the universal laws of nature. Besides, the multifaceted dimensions of existence in space are difficult to grasp, by the limited capabilities of the human mind with a three-dimensional vision.

By fluke, the author was accidentally entangled in a paranormal incident, which hung to his memory, lasting a bit too longer, as an unforgettable, strange yet a beautiful mystical experience. People call it

hallucination, but to the 'Experiencer' the incident appeared as real.

Juxtaposed in this paradox, the authors foremost concern now is, how to explain the unexplainable? Should he tread the trodden path and not deviate from what is already established? Should he burn the midnight oil to find evidence to support that there is some sense in what others call silly? Can he confront and overcome such fears and come out clean?

However, if he fails to convince people rationally, they would obviously criticize him. Besides, his apprehension that the more unique and incredible the incident is, slimmer are the chances, of finding support from people, comes out true, should he, then be silent and avoid hyping the issue, any longer?

Supernatural is not yet known or explored fully, even the best human minds think, that it's better to remain silent, rather than answer any metaphysical questions. Anyone who talks about life after death lies, even if, he thinks, he is telling the truth, this is how most people respond. However, our silence does not negate the possibility that something also exists beyond words.

The author feels, if he keeps mum on the issue, he would project himself, as a dumb creature, incapable of explaining the reality of a mystical incident, he had, himself experienced. This is an awkward position for him to take, which is not acceptable to him. After all, life grinds us, by many events, happenings, and instances. There is a constant tug-of-war between life, living and death, the drama of life and death is not a creation of the

mind. There is something more that lies beyond the mind to explore and discover.

The human mind constantly yearns to unravel the mysteries of life after death. So, the author has removed the conventional blinkers from his eyes, and intends to take an independent open view, on the whole issue. His views may lack clarity, yet it may well be worth knowing it, to arrive at a reasonable understanding, on an issue, which defies, the principles of logic.

The incident the author experienced was not a rational but a mystical moment, when the thin veil of this world and the other world was lifted for a while, for him to glimpse the other world of existence, which he experienced, by his feelings and not by his intellectual demeanor.

Life after death defies scientific reasoning. Belief in life after death is a matter of faith, not a matter of science. The question whether it is real or not arises, because this issue has not been addressed rationally. Now the real question before the author is, "How to explain the whole issue rationally?"

To start with, the author, would like to view the whole issue once again, by explaining 'Reality' and making a distinction, between 'Knowledge' and 'Experience' and then proceed, to put forth his own point of view, before the readers.

What Is Real?

What we perceive with our senses is not essentially real. We perceive things through a referential entity, created by our thoughts. Collective information is believed to be real. We see matter as solid, but matter is actually composed of particles and waves of energy. Ironically, the reality which explains matter as solid, denies matter as energy. Matter is a vibrating energy that appears to the eye as solid.

Our eyes see visible things and fail to see invisible energy. But the truth is that many unseen dimensions of energy exist around us. Consciousness is the only perceptive of whole truth of that we are. If we see ourselves as energy and not as a body, then we can assume, we are souls. This may sound meaningful. But this perspective is beyond the information coming from our senses so it is meaningless. The world of contradiction infers that the meaningful and the meaningless, shape the reality of a thing, as it is, and not the way we perceive it.

What Is Knowledge And Experience?

A straight stick when it is immersed in water, appears to be bent that is experience. We know that the stick is not bent, it is straight, this is knowledge. We see that the sun rises in the east and sets in the west, this is experience. The sun does not rise in east nor does it set in the west, as directions on earth are manmade, there are no directions in space, this is knowledge. Knowledge and

experience are two different ways to perceive the same thing with absolutely different inferences.

The realities of the world are universal, yet each person, forms a different opinion about reality, based on his own understanding and personal perception. People foolishly believe that their personal opinion is real and others opinion on the same thing is false. This happens because relative terms manifest freely in absence of absolute terms. In eternity everything is ephemeral only 'Nothing' is absolute.

Besides, one person's experience, cannot be the knowledge of another person. The area of personal experience is often constricted and in contrast. It is different, individualized and not universal, owing to human constraints inherent in each person. The scope of knowledge is infinite. Therefore, our finite intellect is inept to comprehend it fully.

Knowledge is founded on reflection. Experience is not a reflection, it is a sensory reality, which is not based on any ideology. Both knowledge and experience are distinct and separate from each other. With study and observation, knowledge is gained, but the unseen presence of the soul remains largely unobserved and unstudied.

The kind of mystical experience, the author had, can finetune his conviction on paranormal matters, but can his encounter with the spirit of his dead father, enable him to unravel the mystery of the soul.

Since knowledge is superior to experience. Therefore, fusing 'knowledge' with 'experience', perhaps, can lead

to the awareness of this ‘Existential Reality’, the author seeks to explain it, rationally to the readers.

To avoid being vague or going off the track, the author intends to restrict his observations on two relevant issues, pertaining to the incident, that is, the spirit world and paranormal phenomena.

The Spirit World

Death

No living being can escape death. Death is the fundamental truth. Infact, living is dying. Typically, we encounter with the idea of death, when we reach old age or suffer from terminal disease, then the fear of death is chilling. To get rid of this scary fear of death, we start believing that our body dies and not our soul.

As a result, our fear of death, psychologically disappears and gives us, the courage to face death, with no fear. But then again, the dilemma of death is forever, we never live twice, but only once. Our death defines, how we lived our life, the way we lived our life, decides, the way we shall die. Now the question arises, if the natural process of a child to a young man and then to an old man is not painful, will the transition to death be painful? Death is a part of the living process, it will eventually happen, so we should not fear, but prepare ourselves to face it.

The most amazing thing in the world is that we see people dying around us every day, yet we think that we are not going to die. We accept the inescapable reality of death but our survival instincts do not, being a part of the universal lifeforce that does not die. Life and death are

the two sides of the same coin, a different dimension of life or just recycling of elements. Who knows? Perhaps physical birth and death are mere incidents of momentary matter identification and not the beginning and the end. Is the brief sojourn of human life on earth a parenthetical interlude of a long journey of soul through space and time?

In fact, death is a great equalizer. It reduces everyone, the powerful and the weakest, the rich and the poor, the wise and the fool, the healthy and the sick to a mere carcass. Death overcomes everyone and everything. It gives no warning and can strike anyone at any time. Death is a great ego buster, essential for a ground to earth life and living.

Paradoxically, we don't want to leave the world. We are afraid to give up our material possessions, our loved ones, and our unfulfilled material ambitions, we are also scared of retribution, indiscretions and wrong doings. Therefore, we cling to our ephemeral body. Even, when terminally ill, we want to prolong our life rather than accept death with grace. Life is uncertain. Death is certain. The cosmic eternity has no starting or an end point. We are wanderers walking on different roads with no destination to reach.

When we grow old, we become irritable, crotchety, petulant and cantankerous. Old age is the dawn of wisdom and patience, kindness, truth, humility, goodwill, peace, harmony and brotherly love are the making of age-old values, which never grow old, and are useful for smooth shifts in our ageing process. Old age is

the beginning of a glorious, fruitful and productive life pattern, which is different or maybe better than what we have experienced earlier in life.

Essentially, ageing is a physical process but consciousness within us never ages. It is timeless, endless, a part of the unborn everlasting cosmic consciousness. Man made electricity is an invisible energy, we cannot see it, but we comprehend electricity by its physical working, like the illumination of a bulb. Similarly, we are unable to see the power of natural breath, life-force or consciousness and assess its invisible presence, through specific functioning, exhibited by living beings.

Have we ever seen a person who is not a mortal being? Does immortality really exist? Our senses have a limited reach, our mind is in a conditioned state, only by personal experience, with limited ability to infer, we conclude immortality does not exist. Is this the eventual reality. Can our knowledge reach the summit of the ultimate truth with inherent human limitations? Yet, we struggle to go beyond human limitations to know the indecipherable. There is no scientific explanation of life after death. We see when winter comes spring is not far behind. Likewise, after night the day follows, so does sunrise after sunset. In a constantly changing world there is a constant continuity. Considering these natural characteristics. Can we experience immortality after we cease to be mortal? We do not know.

Old age is the autumn of life. When we grow old and are in bad health, we see, most of our friends have gone,

there is something so enormously chilling about old age. Yet we think, this will never happen to us, but it happens to everybody, there is no cover or protection against old age and death. There is no detour, no reverse gear, no U-turn. Being alive fear and uncertainties bothered us, old age and death is ready to gobble, time is ticking fast, now there is no escape route.

Being old is not bad. To be old and have little money is bad. Poor heath is bad, being alone is bad, losing one's partner is bad. It is a great challenge for old people to cope with such situations. Therefore, the elderly need love, compassion and not pity. They have reached a state, where they have come to terms with the reality of death. Their crankiness stems from accumulated sorrow, sadness and from unsatisfaction. The old are helpless, they are good to be around us, they may not give what we want, but they can offer what we need, their wisdom and experience matured by age.

We should treat the elderly well, that is how, we will be treated, when we are old. We cannot escape, we too, will be alone, frightened, desperate, body and hands will shiver. We will have to stay indoors; nobody will hold our hand and take us out. The days will be long, nights longer and no sleep, memories will haunt us, of the bygone days of our youth, of our loved ones and the burdens of life, we will suffer from loneliness, doctors don't prescribe any medicine to cure it, only our past karmas will come to our rescue during the twilight of life.

Can we live for 100 years or more? Are we knocking the doors of immortality? Experts believe future scientific advancement will enable human beings to live for more decades, beyond the current limit of human life span by manipulating cells, genes, and nanotechnology. There is a dramatic and intensive push so that people can live from 100 to 120 years. Scientist specializing in ageing are skeptical of such claims and say human body is not designed to last past 120 years. Can healthier lifestyle, less disease, prevent brain and organs failure. It still remains to be seen, whether we can cross the threshold and be healthy enough to lead a good quality of life. Enhanced longevity will create over population. Can earth cope with it? Will human beings migrate to other planets? Death over immortality is a better or else human race would become stale and stinking species living on earth.

Water from the ocean evaporates to turn into clouds, clouds in the form of rain falls on the plains to water the land, nourish the fields and support life, while falling on the mountain it becomes a stream and flows down the basin from where it took off its flight. Similarly, living beings are born to revitalize and keep the cycle of the universal life force flourishing unhindered on planet earth.

So, no one can take a break, all must merge with its source, from where it has risen, from dust to dust. The river loses nothing by reaching the ocean, even though it gathers on route a distinct form. Eventually, the river loses its form, when it becomes one with the ocean. There is no conscious effort on the part of the river to

reach the ocean, unlike the moths rushing into the blazing fire to perish. This reveals that the fundamental facts are inconsistent and baffling.

As rivers hasten to the ocean, as moth to fire, erasing its identity and physicality, so too, all manifest things in the whole cosmos, merge with the un-manifest ultimately. With the realization of this fundamental truth, we can face life without the fear of death. Since life is a process of constant change, so is creation, existence and destruction a synchronized matrix. Creation from existence moves towards destruction and destruction transcends to transform the everlasting residual matter and energy into new forms of living beings and non-living things.

While sleeping we unknowingly practice partial death so we need not fear death when it comes. It would not be a new experience but something we are already familiar with. Death experience is not terrifying. We should see birth and death as evolutional cycles each person has to undergo in the cycle of life. After death, does life continue in other worldly dimensions? we cannot admit or deny this possibility, maybe other worldly dimensions are real, as the physical world is.

Death is fearsome, concluding and hopeless, a mystery, a misperception, a force that cuts off people from the physical world, the human habitat. Like many things in life are, death too is shrouded by folk tales, beliefs and superstition. Body is mortal and will anyway pass away. What happens then? Will our consciousness perish with our physical shell? Or is there something more, beyond

what we know as life? Curiosity is insatiable, stop searching for metaphysical answers, make human life and living easier, and spent some time to keep happiness and love alive, without bothering what lies after death. Death is the end of all.

People who have experienced clinical death, say they saw their own body laying on the hospital bed like a corpse and were amazed to see their personality remained intact it had not changed. This is an important point of view because people fear dying will transform them into an unrecognizable strange being. This means, the manner of death can be different, but what happens after death is nevertheless the same. Therefore, they believe that fear of death is no more a morbid subject but a ticket to a fascinating otherworld. It means, by shedding the physical body a whole new dimension of knowledge unfolds before us to perceive more than what we can imagine.

There is no such thing as dying. We enter into a different dimension with a different form. If there is no pain experienced in the transition of the human body from childhood to adulthood and then to old age. So how can death be a painful experience. Dying is painless, as is, the growing and decaying process of the body. Our memories remain intact, we feel, as if, we are the same in all stages. Many people have described that after leaving the physical body they headed towards a bright dazzling light at the end of the tunnel. Suggesting, light as an energy field serves as a barrier between the physical world and the otherworld.

In India, old people took Vanaprasth and then Sanyas, which means they led a spiritual life and then renounced all material possession, home and family, after obtaining education and fulfilling their worldly duties and social obligations as a householder. Old age was not for sluggish slackening but to shift one's focus from outer to inner world. However, with changing time, this practice has vanished. Thus, spiritually deprived old people are now suffering from emotional and mental illness. Medical care is available for the body and not for the spirit.

When a caterpillar sheds its shell, it turns into a butterfly. Likewise, for the living, death is certain and for the dead a new beginning is certain. On the journey after death, everyone is alone, struggling to enter into the existence of the otherworld, supposedly, beyond this world. Essentially, life begins and passes away, just like a plant blooms and withers as per the laws of nature. Only the unborn is undying, a deathless state which culminates in the realm of consciousness or the soul. In other words, immortality is a belief in the indestructibility of the soul, a great deed or creative work survives, to outlive the doer's physical body, similarly one's name through his offspring continues even after the death of that person.

The search for immortality has attracted the best human minds. The yearning of being young equates with plastic surgery, gerontology and the desire to live forever. We resist the idea of dust-to-dust because there is a built-in aversion for death. Therefore, eternal life in deceitful alluring ways is dangled before us. Even the philosophy

of reincarnation is a part of the package. But then, Vedic culture embraces eternity and insists to resist Samsara the recurring endless cycle of life to free ourselves and finally attain Moksha the state of a deathless eternal life!

Death is nothing but to return back to the state from where we have come into being in the living world. When death comes, we do not exist. Oddly, the one who enters the house of death never returns to tell us about death, which to discover, we must go in line to taste deaths taking. After all, life is an opportunity to know what deathlessness can be.

Human mind has invented false ideas about hell, heaven etc., to lessen life's fearful horror of death. If truth cannot be found, create a picture of truth that appeals the mind. This is not a solution. It is like giving a lollypop to a child to stop him from crying. If there is no direction or destination then the journey of life is meaningless. Why we are here and where do we go. Living is a preparation for death. All living beings are heading towards death. Death is the only truth in life, rest all is false. Pyramids, tombs and mummies was a big business in Egypt.

Consciousness does not reside in brain. It exists in the absence of a functioning brain too. If consciousness is not in the brain, then where is it? Is it in each cell of the body? Everyday billion or trillion cells die which means all the cells that make us are replaced, yet we hardly perceive ourselves being different. Perhaps, there is a massive communication not only with brain cells but with trillion of others in an inexplicable network of

consciousness. In changing stages from sperm, child, adult, old age and death only consciousness remains constant. It is not subject to change. Therefore, there is no death except passing away of one form to another form. This explains logically the immortality of consciousness or soul.

The anthropologists say if insects and ants disappeared then all forms of life on planet earth would be endangered. If human beings become extinct would life flourish on earth? Our expanding universe is in a state of flux and is heading towards termination. The diverse forms of nature do not fall off. There is recycling and renewal. Living being before death leave behind their off-springs. There is a pattern of opposites, life and death, day and night etc.; this pattern of cause and effect is the underlying principle of creation, preservation and dissolution. Like the river keeps losing water every time the sun shines and keeps gaining water every time the rain falls. River's destination is ocean which has no beginning no end. Since consciousness or soul cannot be perceived by senses, it is not subject to the laws of space and time. Therefore, consciousness is immortal and eternal.

What is the greatest wonder? Yudhisthir, a character of Mahabharat replied that "So many people die every day yet living human beings think they will not die". For the wise death is the door to set free, the way to moksha, the freedom from bondage, end of all desires, breaking away from the cycle of life and death, and entering into a state of immortality.

A liberated state of existence is the heart of our true nature, which creates bliss and harmony, essential to lead a meaningful life. Salvation lies in the merging with the absolute. Knowing the reality of death, we should while living prepare ourselves for the journey to oblivion after death. Dying is a natural phenomenon, we need to experience it with full consciousness, it's in the deep sleep-like state the future of our death is determined. After all, living is a preparation for death.

Flowers's falloff. Human body decays. Death is the final truth, rest all are lies. Immortality is a bidding with no recourse. We know it will happen. During our life, we faced hardships, anxieties and misery. Living in a make-believe word, we hardly found time to get closer to truth. There is no happiness in the material world. We must understand to know, that one day, we will become old, diseased and eventually die. The things we hold dear are all subject to change, decay and separation. We are an outcome of our own deeds, whatever be the nature of our deeds good or bad, we cannot escape its consequences.

Time is death. Time doesn't wait and money cannot buy time to postpone death. Billions are spent to prolong life and produce deathlessness in future. Plastic surgery, organ replacement and genetic manipulation have failed to stop the tick of time. Even those who believe soul is immortal, cannot stop the moving time in perpetual motion. Due to time, we decay and die. Therefore, time is feared as the destroyer. Time has led to the demise of civilizations and has relegated leaders to footnotes in history. Stopping time or reversing or accelerating it, has been the subject of fiction and fantasies. Consciousness

is the eternal now, there is no past or future, only present lives in consciousness. Time is more or less an illusionary measure, there never was anything before but 'Now', nor will there be anything after but 'Now', the reality is that only the eternal 'Now' exists.

The universal life force, the breath of the universe and cosmic consciousness are the airy elements that constitutes the human soul. When we see people dying, we see that something has disappeared and body is laid down like a log. We don't know where 'that' has gone, whether it has gone anywhere or simply ceased to be. The nature of physical body is that it starts dying the moment it is born. Once we spot unborn, undying and unending characteristics of the universal forces engaged in the grand cosmic play, we experience deathlessness then the fear of death turns into a simple wash and wipe work.

Birth and death are the two sides of the same coin. Therefore, there is no reason to deplore death and there is no reason to be pleased with life. Being immortal is a good idea but undying life can be boring and dreadful enormously. We are driven to find ways to delay death. Long life gives us the possibility to accomplish more work. But in any case, we can never conquer sickness and death. The sooner we understand this, the better it is. By leading a spiritual life we can experience the immortal in the cosmos. So, this is not a bad idea to workout. Life appears, disappears and reappears, like sunrise after the sunset.

In the debate over euthanasia, doctor assisted suicide for terminally ill patients, doctors say one option is legal. Any sane person can simply refuse to eat or drink. Those who refused water and food die with little pain and suffering, within two weeks. Such deaths are legally acceptable and morally acceptable than assisted suicide by doctors. Some countries have legalized Euthanasia. There should be a debate on this issue so that a law can be legislated to legalize euthanasia in only exceptional cases. This should no longer be stigmatized as taboo.

Religious sects of the east advise to experience death with full consciousness and suggest fasting to feel the soul. Fasting in east is a routine. When a person makes a conscious effort to free his soul from its bodily embodiment, he starves his body to make the stay of his soul impossible in the body. In ancient times sages spent their last days in the coldest regions of the Himalaya, fasting and practicing meditation, which helped them, to shed their body and let their soul merge with the universal soul. Committing suicide out of depression is not similar to it. One day we will die so courage is needed to face death, the greatest adventure of human life, all else in life is insignificant.

We must give love to the dying. If we can't love them, then we need to cultivate it, by seeing the dying person and thinking that it's you who is lying on the death bed. The old long to talk and touched, so touch them, hug them, message them and hold them in your arms. The body has its own language of love, use it open-heartedly and bring comfort and consolation to the dying. On spiritual level, as death comes closer, the dying persons

chances to attain enlightenment becomes easier. As such, the dying deserves more love and care to do so.

Many people end their lives by suicide majority of them suffer depression. Suicide is now among the leading causes of death. Young people are at the highest risk. Mental disorder like depression and substance abuse are associated with suicide. World is facing a shortage of psychiatrists. Why mental illness is a social taboo? It's a behavioral disorder and not a forbidden health hazard. Alarmingly, very few people take doctors prescription to cure themselves. Sadly, rest all are left at the mercy of the Godman who treats them with superstitions.

Why death is welcomed? People think it is a reliever of pain, misery and the final release from their sorrow and suffering. Death is longed even by the terminally ill. It is sad to know the body which we tend and nourish so well for several years with utmost care is put on pyre or is buried underground.

When we talk about diseases in today's world, we see animals are the source of new diseases. Potentially deadly diseases caught from animals include HIV, MACHUPO, SARS, bird-flu, COVID-19. Injudicious use of medicines has made bugs, bacteria and viruses develop resistance to medicines, on the other hand hyper-hygienic living gives rise to auto-immune diseases.

When we see old age the pride of youth is curbed. When we contemplate on disease the pride of heath is curbed. When we think about death the pride of life is curbed. When we witness change, decay, separation and demise

it creates a situation compelling to leave behind all assets then the obsessive desire for hoarding money and ownership of properties is curbed. By accepting we are the product of our own deeds then evil propensities of our thought, words and deeds are curbed. Meditating on these truths can easily curb our pride, passion and possessions, making us a better human being.

Pride is the cause of misery and our downfall. Everything in this material world is transitory. We are the creators of our own destiny. Contemplating on this simple truth makes us a better person, enabling us to attain Moksha. In our youth and middle age, we are busy. In old age our inflated ego become a mental aberration and then our pride and arrogance are not under our control. We have no choice but to be humble and as modest as we can be, because in the twilight of our life we don't know when and where our end will come without warning.

Old age is a handicap, it makes one dependent on others, forcing him to feel awkward, frustrating and shameful. We live our life simply in planning and preparing to fulfill our desires and ambitions, till the last breath of our life. As a result, on our deathbed, we regret not having lived our life the way we wanted to live it. Death doesn't announce its arrival, the messenger of death takes us away. How insecure and brief our existence really is. We are vulnerable and succumb to diseases. Reflecting on life, living and death, we observe our ambitions, desires, material possessions and our attachments with loved ones all are in vain.

Desires can never be quenched. Even, if, the entire universe, with all its wealth is given to someone, still it will never satisfy his craving for more. We are the architect of our own fate. No deed good or bad goes without its corresponding payback so we reap what we sow. Death is not evil, some long for it, to escape the vanity of life. Alas! we cannot hasten or delay our time of departure.

Placebo effect means we can psychologically cure a patient. It serves both ways, if a patient is told he is suffering from cancer, even if he does not, then a healthy person can also become sick. Body has its own self-correction system. Placebo effect can be created not only by artificial medicines, it can be done by healers or by mantras or by hypnosis etc. Placebo affects psychologically and physically. This leads us to infer that auto-suggestion is the best medicine for any cure. It shows that mind is more powerful than the effect of medicines. Placebo treatment is not revealed to the patient or else the effect will not materialize because human mind is illusion-centric and not truth-centric, it's an endless fight of fact with fiction.

The latent length of longevity is an attribute inherited from mother. Researchers have pinpointed the location of a gene linked with ageing that may over a period of time improve our understanding of age-related diseases and the whole ageing process. The near-starvation diets also seem to extend life and prevent disease in many mammals. Whether it works on human beings is unclear but the lab findings on calorie restrictions is pouring out several studies on human longevity.

Nothing is independent or separate everything is interconnected, our bodies are recycled chemicals, our bodily fluids are recycled watery element, our breath is recycled airy element, our emotions are recycled elements of reactions, our thoughts are recycled data, our mind is the reflection of collective observation. As such, life, living and death is a never-ending process which moves on unplugged.

Everything in this universe is inter-connected and inter-dependent. Therefore, disturbing the equilibrium of inter-dependence and inter-connection between diverse entities of nature will obviously disturb all constituents of the universe. To maintain balance, we have to follow the eternal law that governs the universe, that is harmony and peace. Death is also a natural phenomenon so why fear death, no one can avoid death, even living is dying. It is consistently true that nobody likes to grow old and see their abilities decay and diminish. The real secret is simple one must make the best use of life and living, while he is alive.

Death is a step from the temporal to the eternal. Death is not extinguishing the light of life. It is merely putting out the lamp of life, which can be relit anytime. When the story of life comes to end, our life's labors in collecting material possessions, treasures, designations, achievements are left behind as unwanted waste that turns into dust. Similarly, when body is buried or burnt, its residue is also converted into dust, when we become dust, then where are we.

The wind blows wherever it wills, we feel the wind but are not aware from where the wind comes and where it goes. Such is the nature of the windy element. Similarly, soul, spirit and consciousness are ethereal so they too are not a solid substance. When a man reaches the end of his journey, many questions crowd and cloud his mind. What will happen at the last moment? What is beyond that? After soul probing one finally surrenders to that invisible force concealed behind the façade of life. Realizing that the revelation of this truth is not possible so the concept of surrendering to another concept God was thought to be appropriate.

Even people having enjoyed full life are miserable at the time of death, their all enjoyment comes to an end. The accumulation of their wealth and property is left behind to the vagaries of new custodians. It is only in old age, close to death, we think about after life. What will happen after death? It is natural to be curious to know what happens after death. Death can snatch anyone anywhere at any time. Therefore, the time is to find answers to these questions right now. Spiritual knowledge may provide non concrete answers or else there is nothing after life. Dying brings out all repressed emotions, the dying person sees his true sparkling spiritual self, even if, he had missed to glimpse it when he was alive.

When death is certain, it doesn't matter how long we live but it does matter how well we live. Because of an uncanny feeling that we will continue to live, we attach undue importance to money and material possessions. We become selfish and arrogant. Nobody knows when

death will strike. Once death consciousness is awakened within us then all material acquisitions become worthless and then the importance of giving unconditional love and compassion is valued.

There is a story of a woman, who took her wicked son to Buddha, on seeing the youth, Buddha told him, he has just one more day to live. The youngster was shocked, he broke down and lamented, there is nothing he could do now. So, he decided to meet his family members, friends and neighbors before his end would come. When three hours were left, Buddha met him, but the youth did not wish to speak, Buddha smiled at him and inquired if in the last 24 hours he had lied or cheated. The youth said 'No'. Buddha than asked him, if he had stolen or hurt anybody. The youth got irritated and said, "How can it be, I was thinking only about death". Buddha gently patted his head and said, "Son, I don't know who has to die and who has to live but understanding the ultimate truth can be very enlightening, you have now become aware of death in the last one day, I have been aware of it for the last several years". This incident poignantly conveys Buddhas message that death consciousness is imperative to live an ethical life.

It's hard to come to terms with our mortality. We want to believe, there is life after death. But those who are in constant touch with their inner self seldom fear the inevitable. They believe in neither heaven nor hell. They don't believe in the theory of reincarnation or rebirth. They know their lifespan is a blip in infinity. So, they don't waste their time in hoarding money and possessions, or else, they are left with no time to

experience the essence of being alive on planet earth, before the vanishing act of death occurs, let's make provisions so that we are not inconvenienced. There is no personal ownership of things in the world. Everything is recycled, our thoughts our personality even our body doesn't belong to us.

Nobody can last forever. Everyone has to leave this world. Death consciousness explains that this body will perish one day, so we should prepare to face it head-on, free ourselves from the bondage of attachments and learn to be detached. We believe parents, children and relatives are ours but nobody in this world is really ours. We believe relationship are a prized possession and get attached to friends and family an association which is mundane and transitory, even though, sunk in the ocean of life and death, we are one inseparable lot.

Can we know the exact time of death? Examining the physical body to determine the precise time of death medically or metaphysically is not possible. We assume that death comes is a flash, some say that death duration is a single moment in time. So, it is believed death is a process accomplished in one second. Suffering clinical or brain death or in coma or kept alive on life support machines is not the measure of death time. The question arises does departure of the soul coincide with the death time of the body. If not, then where is the soul.

It's true while living we rarely think about death, we do so only when we come across a dead body on the funeral ground. Why do people treat death as an ominous thought, why try to ignore it and close the eyes like a

pigeon does on seeing a cat. Can anybody ward off death? Death is a bitter truth. Buddha saw a corpse, for the first time, he curiously asked Channa. Is death the end of life's journey? Will this happen to me? Channa replied he who is born will die. Buddha did not overlook Channa's statement of death, he tried to solve the riddle of suffering and achieved Nirvana. Therefore, being aware of death consciousness is necessary to lead a liberated life. When death comes by than it is too late to relive life that is about to end. Life is very short so don't waste time.

Death plays a vital role in keeping us alive. Countless bacteria evolve and renew at the same time. Millions of cells in our body are dying every moment. Therefore, in a way we are constantly experiencing death and birth simultaneously. Our body is made of cells and cells are made of atoms and atoms constitute protons, neutrons and electrons. The sub-atomic particles are moving at an amazing speed, they flip in and flip out so our skin, nails and hairs cells are dying and being replaced afresh. These cells die and renew recurrently to keep us alive. Similarly, we being a part of the universe, appear and disappear, to keep the universal life force alive. There is flexibility and no rigidity in the cosmos, it means matter and energy are convertible. Therefore, transformation takes place repetitively, we call the laws of nature. Water is a fluid we can convert it into solid ice or gaseous mist yet the essence of water remains the same.

We are scared of death, like kids are afraid of darkness, this is basically the fear of the unknown. We are alive so it's hard for us to reconcile that we can die. There is no

authoritative commentary on what happens to us after death. Only the awareness of death can conquer the fear of death, knowing this is essential to live life fully well. Strange enough, when we are here to live and die, we should learn the skill of living and dying, by doing so we evolve, from human to spiritual being.

We should not grumble about growing old, many people do not have that privilege. The longer we live, the tougher our life becomes. We cannot look after ourselves independently. People in their seventies are still playful and daring. Sadly, society keeps old people out of sight, whereas the older we get, the more we want to be in the thick of life, for the reason if we are not mobile, we can be bed-ridden for long. The maximum bodily suffering is due to old age and death.

We are drawn to discover death. Death waits to receive us with open arms. Even though, while living life we are heading towards death from moment to moment. Yet, without knowing what death really is. Can we gather courage to face death with fearlessness? Fear is essential for our survival, an experience to protect ourselves. As we fear uncertainty of life so we fear the unpredictable moment of death. This is a natural response. When closer to truth, we see there is no escape from death, then why do we keep uncertainty alive, as life after death.

Each moment reduces the span of our life it concurrently increases our desire to live more and more. The universal laws of nature are constant they do not change. The element of immortality and mortality exist within us, our physical existence is mortal and non-physical

consciousness is immortal. We must learn the art of dying in order to live life fully alive. There is nothing here nor there, except change and continuation, therefore, we should produce good karma for good continuation of the coming generations.

Some findings suggest longevity run in families; sibling of a centenarian is four times more likely to live past the age of 90 years then ordinary people. Actually, good genes are part of the whole story. Other survey findings suggest that lifestyle and habits play a huge role in keeping the body and mind in healthy shape in the eighth and ninth decade of human life. This super-age is free from disabling symptoms of heart disease, diabetes or Alzheimer.

Adding extra weight to body strains the heart and other organs. Learning new skills keeps the brain active. Regular exercise and walk helps to prevent and delay a host of physical diseases. Stress is risky, it leads to sickness. Social connections can ward off depression and boost immunity system. Fruits and veggies contain protective substance to keep diseases at bay. Sleep deprivation leads to memory loss, creates hopelessness and lowers the immune system of body. Many diseases can be treated if diagnosed early. Eventually, prevention is better than cure.

Nature is a tough task master, survival of the fittest means the existence of the able-bodied and robust living beings. Human beings are born with a physical body according to the biological cycle, the purpose of human physical body is nothing else but a singular aim, to

reproduce and then die. That's why human beings are naturally driven by sex. When human body is incapable to reproduce any more, evolutionary speaking its dead, now nature needs it no more.

The population in several developed and affluent countries is shrinking, women are not interested in having more children, even the fertility rate has dropped. The population implosion is not counterbalanced by immigration. However, by improving the quality of medicines old people are living longer. So, the population of old people in the world is rising and that of the youngsters of working age is falling. What will happen if population of working class is shrinking and that of the retired people is rising? This is not a good situation for economic growth.

According to Bible human longevity is three scores and ten, it adds up to seventy years. What should we do in this short span of life? Most of the time we spend in gossiping, worrying and thinking things that don't concern us yet we bother about it. So, we are left with little time to focus on ourselves. Twenty years are spent in sleep, rest in day-dreaming, fulfilling ambitions, desires, and chasing the mirage of money. In the end we find nothing. We are born and die empty-handed. Life is precious, knowing this, we will not brood on petty things, instead we will utilize our time in expanding our consciousness to its optimum level.

Death is an uninvited visitor. Curiously, there are some people waiting for death and there are some people trying to escape death. Death is painful. Death is

imminent. In the frame of time yesterday is history and tomorrow are a mystery, considering this we must live our life fully well today, who knows death may strike fast. So, it's better to control our emotions of revenge, rage, resentment and fury. Only love, kindness and good deeds enhance the quality of life and dignity.

Ageing blossoms, the true colors of our personality. Our distinct individuality is as empty as emptiness in space is. Our existence in the vast cosmos is a freak short-lived happening. Even Sun has a lifespan, eventually Sun will burn out and exist no more. So, all physical existences are trivial comings and goings. Human existence is just like a bubble. The bubble has no substance of its own. The air is everywhere in the atmosphere, the same puff of air is trapped in the bubble, when the bubble bursts, the air in the bubble is reclaimed by the atmosphere. Therefore, only by cultivating detachment, a state of non-existence is achieved, which takes us away from being grinded in the crucible of cosmic recycling bin repeatedly.

If, we are told that today is the last day of our life. What will we do then? Will we hate or show anger or pamper our passions or cheat or rob people. We will not do such silly things, instead we will examine our bad doings and do good deeds. When death comes near, the worth of life is valued and attention towards desires, anger, lust etc., ends. That's why we say, death is the mute teacher of karma and dharma. Yet, we don't like to think and talk about death. The biggest mistake we all do is that we think death will strike us only when we are old, this is wrong. Whosoever is born could die anytime, whether

he is rich or poor, wise or fool. Remembering this fact, we can, for sure, practice good deeds.

Death consciousness improves quality of life, the idea of death alone can create the sense of detachment in us because we know that nothing goes with the dead and nothing remains after death. Only our deeds, our photographs and our memory stay in the world, which may or may not influence others. That's why, before death embraces us, let us do something good for humanity, live with the ideals of humanism and make the world better.

Basically, we don't know, where we come from where we go. From after death to subsequent life, in this intervening period, we know little about life and more about the soul. We reflect on body and soul but perceive death as a full stop. There is nothing extraordinary about death. Death comes to all those who are born so why feel sad when death comes and takes us away. It is human nature to grieve, there is no reason to wail and scream. Death is the command of nature. When time of death comes just die with dignity. Be least concerned whether death is painful or not. We have a tradition to celebrate death of old people, marking their death with festivity, music, dance and feasting. This is a sign of human maturity and social acceptance of the unavoidable.

We should sit close to the person who is dying, talk about the happy experiences in his life, help him not to cling to his body any longer. He is more than what his body is, he is pure consciousness and consciousness is truly he, his real immortal self. If conditions to survive

are put forth then body tends to struggle to stay a bit longer and when it's not then the body passes away peacefully. I'm free from birth and death. I'm the boundless life force. I'm the never-ending breath, I'm the never-dying consciousness. My body is simply the residue of I'm the universal self. such suggestive sayings help, to release the dying from the anxiety of death.

Scientific studies suggest our whole body acquires a complete new set of cells every year. Therefore, not even one cell is now as it was before. This is a natural process that helps to rejuvenate the body. Muscles grow weak, memories get shorter and immunity levels decrease making us prone to diseases. However, ageing is inbuilt in the human DNA. There is no antidote to ageing so we cannot reverse ageing process to make ourselves young again. Nor can we stop becoming old but we can surely delay the degeneration process and age gracefully.

When we see death from close quarters, our enquiring mind starts asking the same lopsided unanswered questions. What is the purpose of taking birth? Why are we in this world? Where did the person who was alive a few moments earlier go after death? From where did we come and where will we go? We keep asking such questions without getting reasonable or verifiable answers. When we shed tears at the death of a loved one, we do not realize that tomorrow, it will be our turn. The way we die depends on the way we lived. To know time and place of death is inexplicable. No doubt death is awful, but once we know the truth about death, it is easy to welcome death, where ever and where ever death comes.

The body ages and not the mind. By the time we reach old age our mind becomes clear sighted and quite mature. Old age is not a disadvantage, on the contrary, our thinking gets liberated from the gross and rests in the subtle dimensions. Ageing has its own autumnal splendor so bringing back our lost youth will be ridiculous.

Is there a connection between sex with death? Sex is the main cause through which genes are passed to reproduce a new person. That's all. With the passage of time death eventually ends life. Therefore, sex can't extend human life. Studies on human ageing claim frequent sexual intercourses enhance longevity. Religious sects also use sex as a tool to attain the state of super-consciousness. These are silly ideas leading people in the wrong direction. We need to correct the errors of elucidation. Old age is not the right time to indulge in sex, it's time to share the rich experiences of life to benefit others and avoid setting any wrong example for coming generations to follow. Let the young indulge. Why should the old do it?

We cannot rewind life. We can only move forward in life. Death is an enigma so it is impossible to define death without knowing all about life. Life is a bio-chemical chain reaction once it begins it reaches the final destination death. Death is least painful, dying is like falling into a long and deep sleep, never to wake up again. Like we fear the unfamiliar and we fear darkness, similarly we fear death too.

We live on planet earth which is biochemically, biologically and geographically covered with the remains of extinct species. This is a grim reminder warning to us that we too will last only till the next calamity comes. Today human race is not subject to extinction, someday even planet earth will meet its end. There is no guarantee on survival, if there is creation then obviously there is destruction also.

When we breathe and walk, unaware we kill living organisms in the form of microbes, insects and plants. Life and death are two facets, which co-exist under the same energy called the universal life force. Sadly, some cruel and sick minds have rationalized killing. The laws of nature are subtle and complex the way forward to live is to accept the fundamental cosmic principle that is harmony.

No one can describe death experience because no dead person survives to talk about it. Still, we can have a death-like experiences when our consciousness merges with cosmic consciousness, when we see water falling in ocean becomes the ocean. Physically we are dying each moment. But our non-physical inner self is undying. However, the idea that we are not the body is still arguable.

Death reveals how we had led our life when alive, if we were unhappy in life then it's a sad death, if we were content in life then it is a joyful death, if we have lived a life of physical comfort and pleasures then it's a painful death. If we have lived the life of the body then it's a torturous death, if we have lived life beyond our body

and have attained oneness of consciousness then it's a blissful death…etc. In nutshell, our death mirrors how we have lived our life.

We cannot turn a blind eye on the reality of death and deceive ourselves believing death will kill others and spare us to live. This is like living in a fool's paradise. The best course of action is to prepare ourselves for death and welcome it when unannounced the messenger of death will come to take us to the spirit world. A rationalist will not accept any sort of crazy and comical concepts of re-creation.

The greatest mystery of life is death. Living is artificial and our life is short-lived and transitory. Death consciousness makes us understand the true essence of life. Those who are afraid to die will never know the mystery of life. Spirituality is concerned with death. It reminds us of death to keep us alive consciously. Death is the culmination of life. The mystics explore the nature of death and the idea of after-life. Sleep partially teaches us the art of dying not fully. After all, life is an expression of death. If the fictional realms beyond death are real then death is a beautiful dream and not a factual natural experience.

Time doesn't affect the body evenly, each cell, each tissue and each organ ages according to its own time-table. Therefore, considering this inconsistency of time measuring human existence, we assume there is a biological clock as an inborn mechanism that controls our physiological activities that keeps on changing

regularly. Its rhythm slows down when body starts to wane and wither.

Money-oriented life formulates spiritual life. By the time we reach old age, we develop detachment and our desire for wealth, name, fame, pride, anger, greed, material possessions and attachments to wife, children, friends are weakened. whether we have lived a satisfying life or not doesn't matter. Negativity wanes and positivity waxes. Its right time to absorb oneself in spirituality. Finally, living a satisfying life depends on how we view the rarity and the reality of the world.

Universe is expanding galaxies are moving away and may drift towards each other, it seems the universe can collide and collapse. Is the cosmic doomsday real? Global warming, melting of polar ice caps, earthquakes, eruptions of volcanoes, forecast catastrophic events. An asteroid hit earth million years ago, and wiped-out the dinosaurs. if it smashes again, billions of people would vaporize and cities and civilization will burn on fire and fume. Aren't we living in a violent universe? Even religion have doomsday theories. Christians predict three days of darkness on earth. Hindu the pralaya, the time when everything will be submerged in the ocean, and Muslims calls it Qayamat, a time when oceans will boil, dense smoke will cover the atmosphere and mountains start flying.

When death is close, we can only visualize its coming. We have never dealt with such a situation before. If knowing this possibility can change our perception. In anguish suicide attempts will not work nor walking in

the jaws of accidental deaths. Interestingly, we face death-like situations in life too often. Then what prevents us from gaining the same insight? The day we realize that we are not going to live forever, it can liberate us, from a life wasted in anticipating death.

In west, death is the end of life. In east, death is not the end of life there is rebirth. West knows life is lived once, so each moment brings them close to death their possessions, luxuries are meaningless because it cannot be carried forward. East is more relaxed, it doesn't give importance to death, its aware of one's inner treasure trove, which is carried forward and death cannot take it away.

We need to expel the expression of defeat from our mind such as 'I can't do it because I'm too old' instead we should be telling ourselves 'I won't give up yet, I can still do it'. There is a difference between living a long-life and a fulfilling life. We should live life naturally, without looking for the meaning of life.

We ignore biological forewarnings of the fleeting nature of human life, graying hairs, wrinkling skin, falling teeth. Instead, we choose to camouflage these signals and end up forgetting or overlooking reality. However, the earlier we get into the preparatory mode the more equipped we would be to face the eventual reality, that is our death. So, allow the heart to flow with compassion for entire mankind and in the oneness of humanity let 'I' become 'We'. Life too is a merger with death.

Human physical body is the vehicle for life-force, for breath of life, for soul and for consciousness to keep all

these portions of universal consciousness perpetually rejuvenated. This is the fundamental spiritual all-pervading and all-controlling energy in space. Death is just a momentary switch off, to keep the life-force on. Life and death are an evolutionary process. If every beginning has an end, then every end has a beginning. Then why fear death? If we identify ourselves with the body then we fear losing the body, forgetting that we are consciousness which is eternal, so life and death are illusions, only consciousness is real.

No philosophy nor any sacred scripture or gurus can give us the real meaning of life. we have to find the answer to our questions ourselves. Mystery is revealed by living with mystery. Once we know what life is then can we know what death is. Life and death are not separate, the same energy is polarized, like day and night appear as two versions of one phenomenal truth.

If in a person's heart all desires are dead, he will not be affected by the fear of death, this is a state of being immortal. If in a person's heart the knots of ignorance are untied, this is a state of being immortal. These are some religious beliefs proclaimed by holy scriptures. Death is extraordinary as life and living is too. To understand death, we must understand life in its totality, both are not separate from each other. Right now, we are alive and rest all is less important so being enthusiastically alive is very significant than anything else can be.

Biology suggests, survival at the bodily level is vital for the genes to make more of its kind, at brain level it

produces an overpowering psychosis of dying. Physically producing more of it results in powerful human emotion and in brain the thought of dying struggles for securitization. Therefore, technology, medicine, society, family, etc., the entire process of progress aims towards it. Scientist claim genetic breakthroughs can prolong the human lifespan.

Since we fear death and are afraid of darkness too. Therefore, we associate death with darkness. The genesis of being afraid of darkness, essentially stems from the primitive days, when in pitch-black nights, there was no light and the caveman was surrounded by wild ferocious animals. The traces of those nightmares as genetic markers, continue to effect, the human DNA, even today.

When we reach old age, at that time, we must withdraw from the mainstream of life slowly and gradually. Well, once upon a time, having a lot of children was a sign of affluence, they were seen as providers of economic security to their parents in old age. Nowadays, the next generations obligation to parents has badly foundered. Even as, the world is becoming an ageing society, old customs, like giving respect and taking care of elders is breaking down. This is not good.

Surely, science has added many years to human life, the life expectancy has gone up. But then, sadly, incidents of violence and crime against the elderly is increasing so is their neglect and abuse by their own family members. The problem of old age is how to put on the boots and not hang the boots. Developing hobbies, keeping the

network of family and friends buzzing, recreation and travel, and doing some community work is not bad to keep old people busy.

Brief human lifespan stands nowhere before the unfathomable timeless cosmic life force and death of a human being is hardly noticeable under the immeasurable canopy of space. Imagine how insignificant and tiny are our ideas of death and rebirth can be. But consciousness is baffling, indeed. We assume consciousness is not located anywhere in human physical body while agreeing that physical body is its vehicle. It seems consciousness works independently of the body. Its relation with body is like a connection between the transmitter (cosmic consciousness) and the receiver(individual consciousness).

Whenever we see a dead body, we should at once remind ourself that this is what is going to happen to us eventually. Doing so, we see there is nothing extraordinary about our body that needs to be preserved. What is so remarkable of this mind. What is so remarkable about the wealth, name, fame, position, power we possess. Ultimately, after death nothing goes with us, we leave everything behind. This is the biggest paradox of life.

There is misidentification of 'Soul' with mind. Is it false or maybe it's true? If true this can make us insecure so we strive after worldly possessions, money, success, power and recognition to feel safe and secure. Actually, the secret of life is to practice the virtue of renunciation before death to taste the deathless while living. This

helps to conquer the fear of death. When we are about to die our previous actions good or bad wind back and like floating images appear before our mental eye. At the time of death, we have to bear the results of our karmas, there is no escape route. Two things we ought to remember is that consciousness and death are irreducible truths hard to decode.

Nature has not designed the world for manmade worldly possessions, pleasures, comfort and luxuries. It's a place for test and trial, to examine and determine the eligibility of a human beings, to enter the next stage of human evolution, from reason to spirituality. So, when we think about death questions like; Where will we go after death? What will happen to us? comes to us naturally. Spirituality tells us how to handle the stages of life and living, death and dying. Death is our final act so why do it horribly. Dignity and grace come from the acceptance of death. Therefore, we need to remind ourself constantly about death, then as and when the time to die comes, it would not be a big deal for us to handle.

Personally, before going to sleep I practice 'Shavasana' the dead pose, suggested by Hatha Yoga, on my bed. In this way I remember death daily. When I wake in the morning, I thank nature for keeping me alive. I don't know how far I will succeed to stay dignified when I meet my death. Therefore, don't be carried away by what I say nor prevent yourself to try this. Reject it, if, it's not found useful. But for sure, if we remind ourselves every day that we are going to die one day, then we can move fast towards higher perception and peep into different dimensions. Death strikes suddenly

and doesn't give us time to think or reflect on it, like a balloon, one prick and its gone. So, don't take things for granted, live life lightly and not seriously, or else, we will make ourselves sick sooner or later.

Mostly we commit sins to grab wealth, women and property unlawfully to make ourselves and our family members to enjoy it happily. Family members do not pay the penalties of sin, it is he who committed the sin reaps its consequences. When he dies his family members rush to bury or burn his corpse like a log, no one accompanies him to the next world, he goes alone. Considering this, we have no choice but to practice good deeds, only then, we can cross the ocean of sorrow and misery. Furthermore, our sins are destroyed only by righteous deeds.

When all knots in the head and the heart are untied then we experience the immortality of our inner self. These are teachings of the old religious schools of thought. What are these knots? These knots represent our unfulfilled desires and conditioned thoughts and feelings which block the flow of natural energy. Once the knots are untied, all blockages are removed and we pulsate with full energy. When this happens, our heart becomes a full-blown flower and spreads its fragrance. When this person perishes with his death, the one who lives within him lives on, as a pleasant memory in the mind of others.

Living beings and even non-living things acquire a shape and form. They appear and stay for a while and then disappear. Only the eternal formless consciousness stays

on. To understand the essence of this element called consciousness, we have to empty the mind, pay attention to the formless to know formlessness which is the elementary nature of everything. The fundamental reality is that from all-pervading consciousness living beings and non-living things manifest.

Can we eliminate all diseases from earth? Diseases continue to trouble us. In fact, diseases are a part of the dying process. We succumb to it, even if, sophisticated hospitals, machines, medicines are there to treat us with professional diagnosis of disease. Even then, people suffer by a host of ailments. Immunity from diseases is far-fetched. When we suffer from a deadly or incurable disease, it's better to reconcile with the inevitable. It's not how long we live but how well we live matters. To die well we must live well.

Deceit and survival-killer instinct is in-built in our DNA. Nature gives us the license to kill with treacherous dishonesty. The powerful and strong species prey on the weak species. We see this happening in the animal world, how a tiger feeds on a deer, a snake on a frog, a frog on a fly, a bird on a worm, and a big fish on a small fish. It's not so with humans, humans regulate humans, this is a big problem, even laws of nature fail to solve. Nature is a ruthless killer and the forerunner of death. When the time of death comes, we have no prepared script to respond, except to act intuitively as per the prevailing situation. For sure, if our body is terminally ill then death is freedom from suffering and pain.

The last moment of death according to Hindu scriptures is very important. Our state of mind during the last breath decides where our next birth will take place. Are we all good, are we all bad, are we mixture of good and bad? Are these configurations correct? I don't know. But I do know being constantly mindful of death makes us vigilant, even if, we fail to taste the deathlessness, at least we can be disinterested in Maya. Contemplating on death doesn't mean being morose, melancholic and miserable, or planning to commit suicide. The concept of death consciousness is certainly not a dark subject.

People who lived a money-oriented unhappy life, regretted the way they ill-treated the down-trodden and ruined others in pursuit of worldly ambitions. Having reached the top they found that their achievement was not satisfying, it was hollow and meaningless. They are losers in life despite the vast wealth they had collected. Sadly, on the deathbed, they are pathetic, bad tempered, gazing the wall with grief, fear and emptiness before they died. I'm intentionally citing it because I want to emphasis the importance of ethical living, to make our life better. I don't mean to denounce riches and success. I just want a balance, we need to abide by the universal spiritual values.

Imagining death brings a sense of urgency, our sluggish energies are charged and we are now prepared to do something good before we die. Otherwise, we are obsessed with pleasures and comforts of life and resist to go beyond the mundane to explore the unborn, the un-originated and the unformed absolute. Deathlessness is the eternal state of no arising and no passing, it's the

cessation of mind and matter, extinguishing the fires of greed, hatred and delusion. No more are we deluded by wealth, women and wine. Now, we can channelize our resources towards a fulfilling and rewarding life with wisdom and compassion.

Death is something we are experiencing constantly from moment to moment. The cells and tissues of the body are dying and are being reborn simultaneously. Which means with the dissolution of one awareness another awareness arises instantly, this goes on unstopped. Therefore, what we experience is a continuous arising and passing away of mental and physical phenomena. This is what is meant death and rebirth which occurs from moment to moment. This unending succession of arising and passing away is seen by a static unborn witnesser who resides within us, which we believe is the soul.

When near death we are frightened. Although we know that death and tragedies are happening around us, yet we are shocked and stunned and are unable to accept dying even when we come face to face with death. Instead, we turn to religious scriptures and philosophy to escape from this reality, like smoking is bad yet we smoke. Living is dying, therefore, in the deep recesses of our psyche, the sense of finality, the fact of our death lurks forever. Life is too short, if we are aware about death then life is worth living in a righteous and rational way, without bothering whether souls exist or not. What difference does it make if soul exist? Even then, we have to lead our own life independently.

Our physical body is overhauled every seven years. Considering this, if, we identify ourself as the body then we certainly are in a dilemma. Equally so, the shelf life of thoughts and emotions are short, if we identify ourselves with our thoughts and emotions then again, we are in a dilemma. Things are constantly changing. So, obviously, we are none of those things which are changing. We are outliving those changes. We are the 'one' experiencing and witnessing the those change. Who is this one? Sages call this Soul or individual consciousness. Now, behind all the multitude phenomena in space there must be an unchanging all-encompassing existential reality. What is it? Sages call this God or cosmic consciousness.

Innocence in childhood, lust in manhood, disease in old age are the predominant facets of these three phases of life. So is death a natural transformation of life, the child grows into a boy, then into a young man, then into an old man and then thawed by death. In this process we go from mother's lap to the lap of death. Therefore, in old age, let us develop discrimination and dispassion, withdraw our mind from external distractions and differentiate the observed world from the world beyond human observation and see the difference ourself alone.

Even a shriveled body, a failing eyesight, hostile offspring's, a nagging companion, cannot stop us from desiring more and more in our old age. Precisely, in old age, we need to practice to delve deeper, beyond the matrix of mind because strong craving for a long life, carnal indulgence and self-preservation are very deeply

entrenched not easy to obliterate from the mind of an old man.

From being to becoming is an evolutionary process necessitated by nature to reach the optimal level and extend the boundaries of creation. This cosmic caboodle corroborates sequentially that from cause arise effect, from ignorance arise volitional acts, from volitional acts arise consciousness, from consciousness arise mind and matter, from mind and matter arise six senses, from six senses arise contact, from contact arise craving, from craving arise attachment, from attachment arise karma, from karma arise birth, from birth arise old age and death. This is the cosmic cycle of being and becoming, according to Buddha.

Combination of countless conditions has created universe. It is not independent, it is interdependent. There is nothing permanent in universe, everything is continuously changing, all physical, non-physical elements and their coming together is constantly changing. Elements are annihilated and emanate naturally. Even, human body, thoughts and emotions are changing. In this endless process of change. Everything is temporary, nothing is permanent. If different stages of human body, like childhood, manhood, and old age are not permanent, then, in this whirlpool. Can death be permanent? Therefore, exploring and examining the concept of afterlife is not a bad idea.

The life of human beings is short-lived, uneasy, sad and painful. The worst part is that we cannot avoid death. After reaching old age, our death is certain. As ripe fruits

are in danger of falling on ground anytime, so human beings when born are always in danger of death. As all earthen pots made by the potter end in being broken so is the life of human beings. Both young and old, fool and wise, rich and pauper are subject to death. Death is the greatest equalizer. A father cannot save his son nor the members of his family. While people lament, one by one human beings are carried to the burial ground, like ox is led to the slaughter house. The world is afflicted by decay and death. Therefore, the wise do not grieve.

Union of elements is a compound. Dissolution is one of its characteristics. We too, have to part with our near and dears. Likewise, everything that is born inherently contains within it, a distinct feature that necessitates its self-dissolution. This law of nature is irreversible. Yet, believers fantasize about soul, afterlife and rebirth. Science sees no ground to confirm this. The art of living involves the art of dying. If, we have lived our life fully well with dignity, our response to death should not be by shedding tears but with a sense of gratitude.

Death is the termination of all biological functions of the body that describes human life and living. Death is the ends of the process of dying and does not refer to any condition that may result in life after death. The idea of afterlife or rebirth has been the fulcrum of religious beliefs and philosophical enquiry. Science see death as the end of the body-mind. So far science and psychology have no clue what consciousness is. Therefore, life after death is or not is dicey.

Humans and animals die from senescence. Some exceptions documented reveal, hydra, rockfish, turtles and whales live a long life, without showing signs of aging. Surprisingly, even a tiny jellyfish is capable of living forever. Can this become a case study to probe biological immortality? Or should we discard it merely as a supposition. Malnutrition, disease, accidents, predation in the animal kingdom is due to some causes such as premature death. Besides, human activities which cause unnatural death like suicide, homicide, war, reduction of species and the destruction of ecosystems are damaging consequences of industrial growth and the rapidly changing technology.

Death plays an important role in the course of natural selection when one species gives rise to a new and distinctly different species. Organisms which adapt and change to their environment than others organisms have produced fewer offspring, this reduces their contribution to the gene pool of the succeeding generations. Their genes are eventually bred out of the population leading to speciation and extinction. Reproduction plays an equally important role in determining survival. An organism that dies young but leaves many offspring will have a much better Darwinian fitness to survive than a long-lived organism, which leaves just one offspring.

When the ability to breed is lost and death of the last survivor of that species comes to pass, that moment is the extinction of that species. Since, the potential of that species to bounce back cannot be determined, it leads to a phenomenon termed Lazarus taxa where a species presumed extinct appears abruptly. New species arise

through the process of speciation. New varieties of organisms arise and thrive when they are able to find and exploit an ecological niche and those species become extinct when they are no longer able to survive in changing conditions or against superior competition.

The main leading cause of death is infectious diseases, heart disease, cancer, diseases related to obesity, aging, etc., home deaths once normal are now rare. General indications that a person is no longer alive are the ceasing of respiration and body no longer metabolizes. The challenge to define death is to distinguish it from life. Death is the termination of life. Determining when death occurs, requires precise demarcation between life and death. It is not easy to define life and death. If we define life in terms of consciousness, then at that point, when consciousness ceases that human being should be dead. This clarification is indistinct. First and foremost, the scientists must decide what consciousness is.

Death doesn't scare people because it happens. Once dead they know everything about it but cannot tell their experience to others. So, we can never know anything about it till we ourself experience death. In this dicey situation, what actually frightens us, is the process of dying, we are worried whether our death will be painful or not. But it's not always blood and gore people die peacefully too. The fear of death and the belief in life after death are universal phenomena. Therefore, religious institutions responsible for constructing concepts of life after death should not lose sight of the biological aspect of life, which obviously sets the limit for reality creating activity. Living human consciousness

cannot access one's own death as an inner experience. Therefore, we also need to rationalize the idea of death and afterlife.

In nature there is no such thing as death other than reshuffling and recycling of atoms to refresh the universal life-force cosmic energy. Perhaps we do not know. But we do know that afterlife can be known only to the person who dies, there is no other way to see. Till than hell, heaven, rebirth, reincarnation will remain an idea not good enough to express the continuity of life after death. The infinite is beginning-less and end-less realm, once we step in it, we can never return back nor reach anywhere, so from where do we come and where do we go, what it was that was born and what it is that dies.

Soul

The author claims, he came in contact, with the imperceptible soul of his dead father and felt his presence. He says it was real. To put the record straight. There is no scientific evidence to suggest that souls exist. So, to grasp the self-stated incident in right perspective, it is imperative to give full and fair awareness about death, soul, afterlife and what does communication with the dead really means.

What is a soul? The composition of human beings is supposed to be a dualistic entity, which means a grouping of body and mind, which are fundamentally distinct kinds of substances or natures. According to this concept soul is the inner invisible spiritual part, while body is the outer visible physical part. There is some truth to this, yet it's not the whole truth.

Soul in other words means the spirit, mind, psyche, self, universal breath of life, life-force and consciousness. There is no clear or precise description of Soul so its' meaning lacks clarity. We have to understand it comprehensively. But people by and large concur on one common point that soul is something that everyone possesses. It is the center of spiritual and emotional

experiences. It refers to the whole person, whether alive or in afterlife. Soul is regarded as immortal.

It is believed the backdrop of physical-mind-soul structure is the universal soul. But our thoughts and ego keep us away from this fundamental reality. If the cause is determined then doubts disappear. The cause of mind whereupon thoughts originate is soul. This is a spontaneous and a natural state of revelation of an essence, which is beyond the description of words, the enduring eternal consciousness - the atman. Some enter this state, yet, no one can stay there for long, no one can delay leaving its exit. It's a mysterious glimpse of something indescribable, hard to explain in words but is felt or experienced. Superficial interpretations are the root cause of all false beliefs and wrong thinking.

Where is the soul? The soul is not inside the body. The soul is the projection of body and mind. Its location is in space-time and it works itself through the body. Just, like actors in a movie are not inside the screen on which we watch the movie. Similarly, soul is not inside the body, it expresses itself through the body, thus creating an illusion, as if, body contains it, like the image before the mirror is a reflection and not a presence inside the mirror. Soul is not inside the body and looking out, it exists in space-time, just as our thoughts occupy different locations in space-time. This means the soul is everywhere and nowhere. Our body-mind is a unified field of the universal life force, which is eternal, unchanging, all pervading and so is the soul a little part of that large cosmic force. There is a need to

comprehend truth in abstract meaning, as well as, in practical terms.

There is 'Something' in us that can be without us and will be after us. What that something is? Because we see the universe exists, if, we don't see it. Still, the universe will exist, but in a different way, according to the perception of the observer. It is this 'Something', what the Vedic sages called 'That', which makes the difference. Like everything in the body is moving, there ought to be something that makes it move. There is a stillness that makes it move. What is this stillness? This stillness is something this something we call the soul.

There is a state of freedom from the mind and that calm consciousness is the key to spiritual dimensions, which enables us, to witness ourself by ourself. Only human beings possess this unique quality. Beyond mind is intellect, beyond intellect is consciousness, beyond consciousness is the soul, beyond soul is God, beyond God is matter and energy that creates God, universe and man, beyond all this is infinity and beyond infinity is nothingness. Now imagine, if nothingness is the starting point of everything then the end point of everything is nothingness. This is the great paradox of the grand cosmic mystery.

Some associate the pineal gland in the brain with the soul, this inner, vital, indescribable credence of curiosity is uniquely human that sets us apart from other animals. Is it this quintessence that makes us so special? Are we looking for something that will make us distinct from other animals? A phenomenon, which has dogged our

cultures and customs from ancient times to the present day.

The soul has its beginning from a speculative spiritual world. it is believed the soul links with the physical body in mother's womb. Their suggestion is similar to that of light and the mirror. The light that appears in the mirror is not inside the mirror, it comes from an external source. Similarly, the soul is not inside the body it comes from some subtle spiritual world, with an unverifiable address.

How is the apparition of soul formed by physical body? Soul appears with birth and disappears with death. Wherever the humans move the soul moves together. Like the electric field is accompanied with the magnetic field. No one knows how the magnetic field is created or how it arises. But it always exists with the electric field. Then why soul or consciousness can't be called an induced field in relation to the body which is an unseeable entity. The fact is that this elusive energy exists. Its location is not the body, it is the body that lives in it.

Atman or soul is the epicenter of the human body, which after death either transmigrates to a new life or attains 'Moksha', a state of total release from all the bonds of existence. Atman is the cause of all the activities of a person, as 'Brahman' or God underlies the workings of the universe. Atman is part of the Brahman, with which, it can commune or even fuse, to become one.

The idea and values of Vedanta comes from the hypothetical philosophies of Upanishads, Brahma Sutra,

Bhagavad Gita and commentaries by Adi Shankar. 'Veda' means knowledge and 'Anta' means end. Therefore, Vedanta is the end of knowledge, knowing it, there is nothing more to know. Vedanta philosophy can be summarized in one sentence, 'Brahman alone is real, the world is illusory and the individual soul and universal soul is one'. Rest all is interpretations, in a way it's silly and in a way it's sane. That's why Vedic teachers had cautioned people that books and scriptures cannot lead them to 'Moksha', moksha is attained by following the path of self-knowledge alone. There is no other way.

Brahman cannot be defined. It is a state of pure existence, summed up as 'Sat-Chit-Anand' which means a unique combination of truth, consciousness and bliss, it's an all-pervading presence. 'Atman' or soul is revealed by self-knowledge. Self-knowledge kindles meditation and conquers the ego. In stillness of consciousness the presence of soul is felt. This is the crust and core of Vedic philosophy.

According to the Vedic school of thought the soul reincarnates again and again, till it's fine-tuned to finally fit, to merge with its source. In this process, the soul assumes many forms in the cycle of life and death. Hindus believe in multiple worlds of light and multiple worlds of darkness, the 'Leela' of creation is hard to count, its multiple dimensional, some known dimensions, other are unknown. In these infinite dimensions, there are innumerable possibilities. Hindu cosmology is a complex structure. The evolutionary

deciding factor is Karma, it is through karma a person moves from this to that world.

Hindus believe human brain does not produce soul. It is hard to explain soul by physical or chemical laws nor is it produced by mechanical or molecular motion. Then, which energy constitutes to contain soul. Is it the universal life-force or the breath of life or the portion of cosmic consciousness called soul? The soul is not subject to molecular changes in the body. It's beyond all changes including death. Soul is the vehicle of consciousness which is carried from one life to another life.

When soul-consciousness can survive the bodily transformations as a child, as a youth and a grown-up person and old person, sequentially. In these successive changes the distinct element of soul-consciousness remains intact it never changes. In the same way, when we discard our worn-off body, the body perishes and soul survives by rebirth. Soul is indestructible, after attaining 'Moksha' a state of highest spiritual attainment, the soul finally enters the realms of other worlds. The indecipherable domains we know nothing about it so far.

The author went thru a mystical experience, which left an unforgettable impact on his memory. His mind is often gripped by complex ideas and he finds them mentally stimulating to untie the knots of mystery. Yet, he is not sure, whether his presentation of the inexpressible soul has clarity. Please bear this lapse in his explanation he cannot help himself to carry forward

contractions which he thinks will continue till we don't gain the absolute knowledge of everything.

Describing the formless soul is like evaporating the ocean into mist or trying to capture the sky with a clenched fist or expecting high tide in the sea to flood a barren burning desert. So, when dealing with an abstract subject, the author is not bound to prove it, but to look at the whole issue from all probable perspectives. Or else, truth is not easily arrived, further if anything abstract is not proved to be abstract is not abstract. Even negation can lead to acceptance.

There is a way to describe the soul. We all have at one point of time experienced an uncanny feeling that 'something' within us is constantly watching our inner and outer world. This 'something' is none other than the human soul, which is invisible and hiding itself under the concealment of mental and emotional dispensation. If, ego hides it then only the egoless state of mind can reveal it.

There is a way to describe the soul, soul is a circle its circumference is infinity and its center is the person. Soul is not inside but all over the body. The feeling that soul is inside the body and is looking out is an optical illusion. Soul is present in timeless zone and body exists in a time zone. Consequently, human thoughts dwell in different time locations even though the soul occupies those locations concurrently. Thus, soul is present both in 'time' and in 'timelessness', everywhere and nowhere. Like consciousness, physical body also endures on life-force. Is the soul-consciousness the life-force? This

question baffles. Perhaps, words are many but its essence is one.

There is a way to describe the soul, the body changes with the passage of time, but 'something' within us is constantly witnessing the change and it does not change. Even though, the coming, the going and the modification of the body continuously come to pass. Transformation is happening relentlessly. In the whole process of physical change there is 'something' within us, which is unaffected by the changes taking place. We know that in changing things there is a constancy of cosmic laws. This irrefutable law of nature helps us to recognize that 'something' is none other than the steadfast 'soul'.

There is a way to describe the soul, physical body is born, it grows, decays and die but what is the nature of that formless 'presence' which witnesses birth and death of physical body. What is it? What role does it play by being a witnesser of the whole the drama of life? Why a see-er as an immortal entity dwell in a mortal body? Why experiencer of life is required? The answers to these questions lead to consciousness in other words 'soul-consciousness'.

There is a way to describe the soul, everything in the body is moving, the blood is constantly gushing, the organs are always functioning, in this non-stop motion there is 'stillness' at its core, which makes everything in the body move. What is this stillness? This stillness is soul. Is this evidence of its existence? This stillness is the bedrock of consciousness on which the body and the phenomenal world are superimposed. Can a plant

survive without roots? Mind sees a smokescreen not what is behind it. The finite comes to an end in the presence of infinite.

There is a way to describe the soul, the world is a mental creation called maya an illusion. In sleep state dreams come involuntarily. Dreams are not created. Dreams are born naturally and effortlessly. In waking state dreams culminate. No effort is made to make or end the dream. It comes and goes naturally. However, in the conscious state of waking the mind fabricates a make-believe world, which only self-awareness is able to nullify the trickery of the mind. When the make-believe world collapses then everything gets consolidated as one, what remains as a leftover is the 'soul-consciousness'.

Now that we know a little about the soul, let us focus our attention on it to know more. Soul is not created or destroyed. Soul is immortal and survives after the death of the physical body. Soul moves from one level to another level of existence like from stone to plant, from plant to animal, from animal to human being, from human beings to a celestial being. The journey of the soul starts from formlessness to form and ends from form to its formlessness. Soul is a part of the great cosmic consciousness. Cosmic consciousness is unborn, uncreated original portion of space and existence.

Elements create the body-mind compound and soul-consciousness is a byproduct, just as ingress of intoxicants induce inebriation. Things dissolve and disappear into a state of imperceptibleness but nothing is destroyed in the cosmos. Similarly, soul manifests when

embodied and when it exits the body, it continues to live in its invisible dimension. Human beings are composed of matter and energy, the physical body as matter and mind, intellect, ego, consciousness and soul or self or the life force breath in the form of energy, which controls the body as a puppet.

The river loses water when the sun shines and gains water when the rain falls. Starting from a spring rivers merge into the ocean. Rivers keep changing itself but the idea of a river remains constant. Water evaporates from the river in the form of a mist and becomes a cloud and from the cloud water falls on ground or river. Each drop of water travels a long journey before merging with the river. Then again it proceeds on another journey. At no stage did the water disappear. It only changed its form according to laws of nature. Similarly, the soul-consciousness energy never ceases to be. It changes from one form to another form.

Learning broadens and enlarges human vision but curiosity to know the unknown still holds great attraction because, we know, in the infinite astronomical domain, there is no finish line, to end the race of knowing, so we can never reach a point, where we can claim to know everything in the unfathomable space. Therefore, the quest of human knowledge will never come to an end ever.

The moment we stop identifying ourselves with our body the next moment our ego disappears and then the knowledge of 'Self' as our core essence is realized. What is this essence? I'm not the physical body, I'm not

feeling or thoughts, I'm not mind or intelligence. Then what am I? To know this, remove the several layers laid on our mind, one by one, by peeling each layer completely, then we see, I'm not this, I'm not that and end up realizing, I'm pure soul-consciousness.

Therefore, our real identity is soul-consciousness. Paradoxically, consciousness is also not 'I' or 'Mine'. There is no tangible way other from consciousness. He who looks inside awakens. He who looks outside sleeps. When we identify our consciousness with cosmic consciousness, we free ourselves from the body, we are liberated from the bondage of suffering and become happy.

Time does not affect soul-consciousness. It is the eternal now, which is embodied to exist in past, present and future time zones. As the nameless, formless, inner self, life of breath or life-force. No one, other than us can see our soul, it is no one else's business. Soul is hidden in the deep recesses of our heart. It is revealed by our own self-efforts through contemplation and meditation.

Some spiritualists say, soul and body are just like light and mirror. The light that appears in the mirror is not inside the mirror, it comes from an external source. Similarly, the soul is not in the body, it's an image of the universal soul. As such, the soul is not the mind, it is a spiritual substance. No language can communicate with the soul. The soul is a silent witness. It is not looking for the meaning of life but is experiencing the cycle of life. This knowledge of inner self is gained when the mind is totally empty. When the mind is empty the presence of

the soul is felt effortlessly. Dissolving the mind in consciousness is meditation. This is true wisdom. Rest all is mental gymnastics and vocal clatter.

When a great piece of literature is written, when a solution to a problem is found, when a new idea is unfurled, when a novel discovery is made. Is this solely the work of human effort or universal consciousness is helping them to generate it? Cosmic consciousness is the producer and director of the whole show. Those who see everything as one on the screen of duality can understand that deeds are done but there is no doer of deeds, the wind blows but there is no blower of the wind. Can't we see that human consciousness and cosmic consciousness is one? This is a fundamental reality then why make it complicated.

There is only one single path, that is the path of knowing through self-study. Self-knowledge is gained through personal efforts. He who takes up this study chooses to walk on a double-edged sword. Having gained self-realization, he becomes a blessing to humanity. How can that place be called a pond, if, water in it has dried? How can one remain in a false world if reality is revealed?

Truth becomes elusive where ignorance is. When self-knowledge is gained, we realize we are neither the body nor the mind. This understanding dissolve our 'I', 'Me', 'My' and 'Mine' and becomes 'We', 'Us' and 'Our'. Now the world appears as an illusion, it is no more real, what we perceive may not exist, what we cannot perceive may exist, the old order exits with a new order,

a state where there is no creation no destruction, this is an eternal cosmic truth.

In the monopoly of 'Infinite Cosmos' looking for fulfillment of human desires, longings, ambitions etc., in the domain of nothingness appears meaningless because all that exists as living beings or non-living things are finite. But soul is infinite so there is nothing for the soul to accept or reject, there is no coming or going of the soul. Soul is just a state of being and not a state of becoming. Therefore, why should one try to stop what is happening, let it happen on its own, we need to avoid contamination, if the 'Soul' within us is polluted, then how can we cross the river of existence to reach the shore of deliverance?

Nothingness is the uppermost state to cognize soul-consciousness. This is the reality of the eternal. Soul is a state of presence. Since everything which is not eternal is unreal so the universe is inferred as an idea. It is an illusion created by consciousness, which creates, sustains and reabsorbs it. This play never stops, it goes on perennially. When the act of merging of individual consciousness with cosmic consciousness happens then there is no display of the manifested forms, now the drop of water has become the ocean.

Objects look solid, in fact, it's a stream of consciousness. The image of objects imagined and imprinted on the mind are not real. Consciousness is real. In the same way, life of the body is brief and subject to death but a subtle energy within us which is tied like an umbilical cord to cosmic consciousness

never dies. Thus, we assume transmigration of consciousness from one physical form to another happens. Yet, the manifestation of its outer form is an illusion, actually, its real form hidden within is formless.

Our body is being recycled and so is our DNA every few months or in years, which means we outlive the atoms the molecules through which we express ourselves. Thoughts come and go and transformation of our body is taking place too, but the ground realty is that both mind and body is rooted in the unbroken continuity of soul-consciousness. The characteristic of soul-consciousness is not material so it is hard for us to correlate it with anything material or maybe anything else too.

Cosmic consciousness is that primordial energy which is linked to life-force and the breath of life, a glue that binds all living beings. In unfathomable space, this energy flows as a wave, weaving multitude patterns to manifest in innumerable forms as living beings. This energy enters as a vibrating impulse in the mother's womb, at the time, of the formation of heart. It is amazing to see, for three weeks from conception, the fetus is just a piece of flesh and suddenly it throbs and sets a chain reaction of pulsation. No one knows the cause of this intervention. This act of universal life force and breath of life defies a coherent scientific explanation.

Soul has its origin in spiritual dimensions. The soul is connected with body from mother's womb. Since it's an external portion, the soul is not a part of the body, the body is in the embrace of the soul. Soul appears with

birth and passes away with death, wherever there is a body, the soul goes together with it. Scientifically, wherever there is electric field, it is at all times accompanied with a magnetic field. No one knows how the magnetic field is created or arises. But the magnetic field always exists, with the electric field. Then why soul-consciousness can't be called an induced field in relation to the body. The conclusive fact is, there is an unseen, subtle entity that exists. Its location is not the body but body lives in it.

Human beings experience three stages of consciousness, waking, dreaming, and deep sleep. In the state of waking a person runs around the world. In the state of dreaming all unfulfilled desires manifest as dreams. In the state of deep sleep all wanderings halt and all the dreams fade, what remains is tranquility. There are people who experience a state beyond these three stages called the fourth stage 'Turiya' a state of pure consciousness. In this state of harmony and bliss the existence of the 'Soul' is revealed. Meditation helps to achieve the altered stages of consciousness to enter the plains of infinity and then rest in nothingness in the real cosmic essence, rest all is our guess work.

Individual Self and universal Self are one. Consciousness is like electricity. It hardly matters whether it flows through a small or a big appliance so making a difference is pointless. Where are we in infinity? Our fleeting existence is merely a glimpse in time. We are born from infinity and merge in infinity. There is no difference between us and infinity. In other words, all things are made of one essence. Things appear

differently according to the forms they assume, but things happen according to one law. How long will it take us to grasp this simple truth? The more we probe the deeper it becomes like the ocean and the unfathomable sky, yet, ocean has one taste salt and sky one reality the presence of consciousness.

Our mind, senses, speech and scriptures are inept to grasp the reality of the soul. Soul is revealed by self-study and self-analysis. Soul is a formless reality. How can we see that, which is not other than us? What we see and know cannot be seen or known by others. He, who says I see does not see. He, who says I do not see, may see. Subtle than subtler is the path to discern the soul. There is no starting or end point in the realm of the formlessness. This mystery is resolved when knower becomes the known. There are not many paths but the path of self-enquiry is the only way to know, to discover and to express the meaning of soul. It comes from sincere and wholehearted self-effort, when it's geared to action, it can reach to that disclosure, we didn't expect to understand.

Is consciousness biological? Still, it's a statement of supposition. If assumption is the foundation of our arguments, then knowledge of the soul can be gained only by multitude point of views. No single opinion can ever prove or reject the existence of soul-consciousness. So, start self-conversation of questions and answers, once we discover the source of our thoughts, we enter the realm of the thoughtlessness Atman, individual soul-consciousness and when this merges with Brahman the universal soul or cosmic consciousness, we experience

oneness. Then we see one reality and conclude that consciousness is the fundamental reality. If we view things through physical dimensions. Can we rule out the existence of non-physical dimensions?

The limitations of mind and senses prevent us to grasp complete knowledge. So, inadequacy keeps them engaged in gathering more and more information, yet, incompleteness of information lingers. The mind is seduced by inner most senses and is enticed by external objects. The mind imprisons us and also sets us free. Just as wind gather clouds to crowd the sky, the same wind scatters them to clear the sky. That means without the mind we cannot know the soul. Beyond senses there is mind, beyond mind there is ego, beyond ego there is intellect, beyond intellect, is what we are seeking right now. But there is something, its formless, its unnamed, it appears to be separate from body. Sages call it soul-consciousness. Scientific definition of consciousness is still awaited.

Indirect inference reveals the existence of soul. In sleep mind ceases to function. Yet, we wake up with the awareness that we had slept, even though, our mind was not there during sleep, but 'something' was there. What is this something? It is consciousness, which constantly flows like a stream without interruption. By which we know we are the same person who went to sleep. This is indirect evidence of consciousness or soul, an entity, which persists both in sleep and wakefulness. Besides, what keeps the body functioning during sleep? Who makes us fall asleep and withdraw from sleep? Why do we want to live knowing our death is certain? This

shows consciousness is eternal. Can science solve this mystery? Study suggests, if, we are a part of the mystery we are trying to solve. How can we formulate the theory of everything? Isn't it far-fetched?

If the soul exists. Is it trapped inside the body or is wrapped on the body? If it's in energy form. Is it frozen energy or inertial force or still energy? The molecules of body are being replaced rapidly but our emotions, thoughts and memories live longer. It means memories are still there, even after, all the cells in the brain that were in place, at the time memory was formed have died and replaced. This is indirect evidence showing how consciousness transcends the body.

When we see a dream in sleep or a motion picture in cinema hall, we get mentally and emotionally involved with it, but after waking up, or coming out from the cinema hall, we realize, all that we saw, was a make-believe world. Likewise, everything around us is Maya, a make-believe world, which we treat as reality and get deeply involved in it. No one should take the world seriously, it is a stuff made of dreams, drama and death, life is a brief journey so travel light.

During sleep body requires minimum energy to sustain its vital functions, while the lingering energy returns to the primordial source to be re-energized. Many people have reported the phenomenon of soul or consciousness coming out of the physical body. This is called astral projection. The wonder of leaving the body and returning back happens every night when we go to sleep. When we wake up the soul enters back and causes a

fleeting imbalance and then resettles in the body. People experience astral projection, at times, fully awake, during surgical operations or traumatic death situations. How far it is true no one knows.

Thoughts are produced by the brain. Shallow thoughts fritter away, profound thoughts go in space and get connected to celestial energies. Discoveries in science, spiritual realms and work of art come from cosmic consciousness through deep thoughts. Aren't people taking the flight of their imagination too far?

Human body is a compound of molecules and chemicals and ego the 'I' tendency of human body is an illusion created by mind. Then the question arises. Where are we? Do we really exist? The definitions of structures in space are the creation of human mind. Do galaxies and universe really exist outside the human mind? Perhaps, aliens may see galaxies and universe differently, not in the same way, humans see them. Is the human mind simply creating mental constructs? Human mind is a great illusionist. Therefore, nothing except, individual consciousness and cosmic consciousness are real, rest all are illusions. The search of truth that starts from consciousness, the seat of self-knowledge, leads to reality.

Some say, if cause of the soul is determined then all doubts will end. The mind initiates the formation of thoughts but not of soul-consciousness. Consciousness is not an object. Consciousnesses alone can perceive consciousness. It's therefore, a subjective experience perceived directly by senses. Science keeps subjectivity

away. This makes consciousness elusive, an unsolved riddle, shrouded in mystery. Consciousness is not the creation of brain. Consciousness is not found in the brain or the body. On the contrary, human body and brain are in consciousness. Consciousness is the cause of mind. Mind is the cause of ego, thoughts, desires and all cravings and indulgences.

Almost the whole cosmos is a dark place. Consequently, we assume, there is more darkness and less light in life and after death as well. Besides, we are born out of a womb, which is a dark dwelling. Besides, we fall sleep with ease in dim and dark environs. However, by living in the light of consciousness, we can see things vividly here and there and by the same light of knowledge, we can see the mysterious world of afterlife unfold before us.

We observe objects in space. We demarcate and identify objects when we observe them, then we define it as the universe, according to the level of our understanding. This is just an observation by the observer, which means it's a one-side opinion. If, the observer becomes the observed, then where is the universe. Is it same or different? Is our definition of universe the fundamental reality? For sure, the aliens will define it in a different way. Therefore, the eastern Vedic philosophers say, what is here is there and what is there is here.

We observe objects through our eyes. The power to see comes from external light and other factors, which activate our internal mechanism. The moment the eye transmits a signal to the brain, the brain triggers a

thought of the object and mind starts seeing it with the coordination of the senses. Now, the question arises from where did the thought come. Does consciousness command to choose?

In the world of physical living beings, it is hard to imagine a non-physical entity, the universal life-force in the human body is perceived as cloud, fog or mist. So, it is a delusion to believe that the idea of a non-spatial witnesser soul is conceivable. But, not exactly, according to the theory of contrast, if nature can create physical living beings visible in three dimensions, then the existence of non-physical living beings invisible in a dimension unfamiliar to us is possible. So, the phenomenon of an invisible non-physical living being cannot be ruled out, outrightly.

The assumption of a non-physical entity inhabiting human body has not enhanced human understanding. Instead, it has furthered superstition and ignorance, hindering the growth of human mind. However, both religion and psychology are lucrative business due to this belief. Besides, philosophy is rewarding too, by keeping the idea of soul alive, even though, many disbelievers refute and criticize them. It seems skeptics and believers need each other.

Soul promotes the idea of a continual existence after death. The functioning of human consciousness during waking, in dreams, in a dreamless state, and in brain surgeries suggest that life-force exists independent of the body. Science does not approve this. The reality is that we are made of chemicals, carbon and proteins. We are

born, live for a while, and then die. No soul is involved in this process. But biocentrism — a new theory of everything has come out with a new way of thinking, which may lead to new revelations, if any.

Science dismisses soul as an article of belief and a mental construct. The term life and death are nothing more than a biological life and a biological death. The animating principle in terms of human body and mind is based on the laws of chemistry and biology. The eternal essence that occupies our being has never been seen under a microscope or by any other scientific test. As such, nothing appears to survive the human body after death. If the soul is in a quantifiable framework, then the soul can be examined by studying the functioning of the brain, neuroscience can take up a scientific study to know the soul.

While neuroscience has made incredible progress revealing the functioning of the brain but it has dealt the issue in a subjective manner, the nature of self is the objective 'I' that feels and lives. Biocentrism has challenged scientific theories, and raised some difficult questions about life.

Everything that makes us what we are, as we think, comes from our experiences, fused into our memories which shape and determines our personality. It is believed soul contains information about who we are. It contains the essence of our self, our memories and our personality. Neuroscience has evidence that such souls do not exist. If, brain injury can change our personality.

Then, the soul, which contains our personality is also damaged by the brain injury.

Likewise, other things like alcohol or drug abuse or brain trauma, etc. can also damage the network of synaptic connections that store our memories. Further, our memories are not static it can be changed by suggestion and by the running time. This shows if a soul exists, it cannot contain our memories, or alternatively, when memories are lost. Are those parts of the soul disabled? No one knows.

Is there a soul? Does anything endure the ravages of time? Life and consciousness are a fundamental reality. Life is not the activity of atoms and particles, which spin around for a while, and then dissipate into nothingness. If we add life to the equation, we can explain some of the major puzzles of modern science. Quantum mechanics is a theory in physics that provides a description of the physical properties of nature at the scale of atoms and subatomic particles. Since quantum physics began, the concept of consciousness and soul has entered the domain of science, even though, being examined more or less as a matter of belief. After all, physics is like philosophy.

It is believed soul is immortal so there is life after death. In recent times medical practitioners have come across several cases where people have reported that their consciousness was separated from their physical bodies during near death experiences (NDE), further, it was observed that drugs can produce altered states of consciousness such as floating outside the body. Does

this substantiate the existence of the soul? It seems that it is too early for the physicists to conclude.

Science has not explained what consciousness is. Is non-physical consciousness an outcome of a physical brain? if so, then something can come out of nothing and nothing out of something, which is fundamentally wrong. Can differently viewing platforms of perception, chance experiences and unintended coincidences prove the existence of souls, this too is fundamentally wrong. Then what is right?

Consciousness involves something more than electrochemical process. Quantum processes connect us to a deeper reality, experiencing a range of paranormal phenomena such as telepathy, premonitions, or precognition. There is no proof or final evidence of consciousness or soul on a scientific basis till now. But the probability suggesting the existence of soul or consciousness is on the anvil.

If cloning of humans becomes a reality, will those persons who want to clone themselves treat their human clones as relatives or friends? What about the soul in human clones? Human clone is identical in every respect to its propagator. Now the question arises. Will the human clone have the soul of the originator or a different soul? Is human clone soulless? As far as psychology is concerned the soul represents mind, psyche and the personality.

In the interstellar space of impermanence can there be a permanent soul. Buddhism denies the existence of soul as an independent entity. The transient body is not

survived by an immutable soul, it teaches the doctrine of non-self or absence of soul. Paradoxically, Buddha during his daily discourse narrated the stories of his own rebirths. It is a fallacy to believe that he negated the soul, in the sense of an indescribable absolute, on which, he maintained a noble silence.

How to know the difference between self and non-self? What is the driving force behind our desires? What is the stimulus behind the constant craving for the fruits of our actions? It's the egoistic-self. When we grasp that the 'I-centric' world is an illusion, we start negating it, and observe that the 'egoistic-self' is the cause of all suffering. That's how the state of non-self-unfolds.

We are a part of a continuum consciousness or the universal self on which our existence as individual entities is defined and perceived. What we recognize as spiritual impulse within us is the presence of that wholeness. Our existence is not only a part of the continuum but as a whole continuum rolled up as one.

Does the soul-field of non-physical consciousness emanate from a physical source has not been established so far. However, mind-field is influenced by all sensory fields. We affect each other in a physical sense with or without sensory contact. Our minds are influenced by supra-sensory sources, existing outside the human plane, which is a natural consequence of inter-connectedness.

The way our senses work prevents us from seeing everything. We see partially and not wholly. As a result, we live in a patchwork of world created by our patchy perception. Universe is an accumulation of matter and

energy but our eyes are designed to see matter alone. We are predisposed to see dense concentrations of energy surfacing as matter created by energy waves. This negates the concept of materiality, suggesting the possibility of soul-consciousness.

Our curious imaginative mind is prone to hallucinate then vomit words, conjure concepts and visualize silly illusions. The foremost illusion created by the mind is our delirious 'ego', which functions within the parameters of our own notions, opinions and reactions thus creating a make-believe world assuming it to be real. This false reality laced with biological and social conditioning, results informing personal views, leading to a fractured and fragmented fundamental reality.

The Vedic sages understood the role of the mind in shaping reality and also minds reactions to incoming stimuli. The theories of maya, samsara, duality, oneness etc. were founded on these inputs so they stated nothing startlingly different. What led to minds inkling of a separate self? Is this an illusion a phantom or the sleuth mind? Is this the life-force or the universal breath or consciousness rolled up as one separate soul?

Spiritual seeking means responding to a call from beyond the physical dimensions, without knowing it or being able to cognize why seeking is necessary for spiritual growth, this psyche is tuned to the enormous energy landscape of the universe, every organism and object is embedded in this seamless, formless continuum, this is that glorious consciousness the sages spoke about and pondered on silently.

The concept of soul-consciousness does not appeal to all, but in some part of our mind sees through it and the mental faculties know that there are areas of human experience which trend outside and lean beyond the bounds of the standardized consensual sensory reality. There is no scientific instrument or explanation to define what absolute reality is or than why is everything relative. Duality or oneness is an illusional pictorial and is not a true reflection of reality.

Physicists say numerous quantum fields, which lie beneath all physical reality, arise from one common source that is the unified field. Space theorists believe that the mystery of consciousness and quantum physics are linked. Some insist that a universe whose laws do not take consciousness into account cannot explain the universe truly. Physics like philosophy is using thoughts to hypothesize, as the scope of lab experiment, to prove it, is not possible.

Decoding consciousness is now a matter of scientific discussions, it is called entropic cosmological principle. It suggests that the laws of nature are crafted precisely and are quite accurate, as if, it's the work of some cosmic intelligence. Objective information is gathered by subjective perception. No quantum phenomena can be termed a phenomenon until it's observed in a transmittable form by a conscious observer. Photons exist both as a wave or a particle and manifest only when it is observed by a conscious observer.

The conviction that consciousness is an essential part or the real nature of the universe is based on the quantum

nature of the fundamental reality. The primary realities of unified field and consciousness are inseparable features of the same underlying process, united by collective mutual participation.

Since the unified quantum fields permeates all manifest phenomena, similarly its corresponding counterpart consciousness acts accordingly. Spiritual traditions suggest that consciousness is not the functioning of neural connection in the brain but is the basic characteristic of the ultimate reality of universal energy pervading all manifestations, demonstrating a connection how the receivers receiving the all-pervading field of cosmic consciousness are finetuned as well.

Is there an invisible slit between the mind and the body? We hardly know about it. But we do experience some kind of separation in deep meditation, and feel that nothing can touch soul-consciousness or the mind. Once we live this experience, we suddenly realize my body is not me, my mind is not me and then the wisdom and understanding of the real soul-consciousness is gained. The formula 'This is not me' is a nice method of meditation to realize what is our real self, and what is not our real self. This information can render clarity to our line of thought so that we can handle our life with correct understanding.

Our senses cannot go beyond the physical plains where as the invisible dimensions are beyond the reach of our sensory perception. Visibility and invisibility are two sights of a human vision. Visual distance, if huge, creates invisibility, but under the optical microscope

even the tiniest things not visible to naked eye become visible. Consciousness exists but we cannot see consciousness. Due to great distance the universe is out of sight. But cosmic consciousness and individual consciousness are not distant, they are here and now. Consciousness is the link between all physical, subtle and invisible domains of dimensions.

Often musk deer are seen searching for the musk, round and round they go, unaware that the heady fragrance, urgently sought, lay beneath their own belly. Many times, humans too behave like musk deer. We search for self-realization outside, unaware that it lies within us, untapped, unnoticed, unexplored. Why have I shifted my talk from humans to a musk deer elatedly. Do I can want to raise questions. Does a cat or a dog have a soul? What about a flea soul? I must stop here and not confuse the readers to cross purpose.

Science treats soul in physical context. As a result, soul is examined as a function of the brain. Therefore, scientists dismiss soul as an object of belief, and reduce the soul to a mental offshoot that shapes our cognition and the understanding of the observable natural world. The terms life and death are nothing more than the scientific explanation of biological life and biological death.

According to religious traditions, soul is measured as a spiritual essence, soul is immortal and can transcend physical existence. The soul has never been tested in a laboratory or put under an electron microscope. Can neuroscience explain. Why do we have a subjective experience? The problem of the soul lies exactly here, in

understanding the nature of the real Self the "I" in existence that feels and lives life. This “I” should not be confused with the “I” projected by the ego or the “I” named as an identification mark by the parents.

Consciousness is the focus of our argument. We agree that the world has an objective-observer-independent-existence. But In reality, its opposite. We reason out, life is the activity of atoms, which spin around for a while, and then, dissipate into nothingness. in this scenario, if we add consciousness, the equation will become different, and may explain some of the most difficult queries of science, like the uncertainty principle, the double-slit experiment, entanglement, and fine-tuning of the laws, that shape the universe, as we perceive it. One point is certain, the nature of the universe can't be separated from the nature of life. If we separate them, then the reality will cease to exist as it is.

We are more than a biochemical grouping. Even the tiniest amoeba is a complex living creature. But scientific study has focused only on religious beliefs not on the existence, structure or presence of soul-consciousness as an entity embedded in human body. So, to find it out, we have no choice, but to keep aside, science and psychology and revert back to spiritual studies. This too, can be a difficult field to navigate because of charlatans who capitalize on science's lack of proof. So, finding actual spiritual information can be like finding diamonds in trash. Yet, the real information is there and when the treasure of real knowledge is revealed, its worth, to have gone through the trash to find it

Afterlife

Is there life after death? This is the most enigmatic question, which still remains unanswered from the dawn of human civilization. It is too complex to reply with a rational explanation. It's like finding an answer to a question most of the people refuse to respond to. If souls are true then it is worth considering it. Then again, if the information is just a chit chat, then we will never know it, till we experience our own demise. Shouldn't we make provisions for the journey after death to understand afterlife ourselves. Who will return back to talk about it? Otherwise, the idea of soul is merely a figment of human imagination.

Everything happening to us is colored by our own thoughts. Thus, we will never know what afterlife actually is, until, we leave our body, the last of all hurdles, to move on the journey towards a new light of understanding that marks the barrier between this world and the next world. Hopefully, when that time comes, the journey will not hold, as much fear, as it once did, because it's not like entering a strange, dark, forbidding unknown place, but is like home coming. So, why not examine the idea of afterlife as we understand it.

When the evolutionary process of the universal life force on earth is observed, it seems like the Sufis assumed, we died out of stone and became a plant, we died out of plant to become an animal, we died out of the animal to become a man, and we shall die out of a human being and become an angel and even from angelhood it must move on to the next spiritual dispensation. After all, the human evolutionary process is struggling to shed its animalistic bearings.

When evolutionary process at the individual level was observed by Vedic sages, they saw the rising of same aggregates resurfacing again and again in a repetitive manner, they called it 'Punarbhav', which means the reappearance of moods re-emerging again and again, like the feeling of hunger and thirst. Correspondingly even thought patterns come back again and again and produce the same effect in one's life. When a similar state of mind is molded in another person's mind who cherishes the same thoughts then this is known as 'Rebirthing' the same cause to reproduce the same effect.

Rebirth means born again or new life but it has a wider connotation cited in terms of recycled elements, cyclic occurrences, reappearance of phenomena and the manifestation of living-being and non-living things resurrecting again and again. Just as day dies out to be reborn as a new day with the next sunrise, so do human beings disappear after death and re-appear in a new living form known as rebirth. According to this belief, the intervening period after death and rebirth is called after life. This subject demands subtle awareness, which

entails the understanding of religious beliefs and knowing the reality of the universe, such as, the laws of cause and effect, scientific study of living beings, and natural forces

Hypnosis is used to recall one's memories of previous life by taking a person back in time when he was a child. This is 'Past Life Regression' a term that refers to a hypnotist who specializes in the technique of talking with the soul. According to these hypnotizer psychotherapists mental health has its origin in the traumatic experiences of past life. Even birthmarks or birth defects in a person indicate fatal wounds of past life. Suppressed memories may fire some inexplicable symptoms. But overall, there's no evidence to prove that hypnosis in any way expands human ability to penetrate and peep into past life. So, PLR is dreamlike, discredited and rejected by science fraternity as utter nonsense.

Birth-death is the endless evolutionary cyclic processing of the universal life force. The natural system will stagnate if there is no death and no afterlife. Death cannot be denied so people say there is no afterlife, we know natural energy cannot be created or destroyed unlike manmade energy like electricity. It means that energy is always there, even if, it's in different forms and shapes. Then why do people think human soul can be destroyed, the human soul is nothing but energy. All matter in fact is energy, there is no such thing as matter. Matter is a term to describe the superficial presence of the physical universe.

Death holds untold fears. Death is a great denier. Death is a great equalizer. Death is the great truth that unravels of untruth of life. Death is the great explorer of astral traveling. The soul before starting the return trip from the non-physical form to a physical body, the soul plans, analyses the karmic vibes, then decides where to take birth. The soul chooses to enter the unborn human in the mother's womb or by the like vibes which mutually attract each other, which means the soul has no choice. The wave of forgetfulness sweeps away the memories of otherworldly realms, other existences, other dimensions anon.

The statistics of the world population baffles us. We see more people on earth now, than the total accumulated population that has ever lived on earth, and yet it keeps increasing. If, these are the same souls, coming back, over and over again, how do we explain, the increase in population? Are there more souls and less bodies to incarnate? What is the impact of the total influx of all souls on planet earth? Hasn't the time come for souls to take rebirth on some other planet.

If, unborn, uncreated, self-existing, original component of space consciousness is the cause of human existence, then neither the body nor the mind is the core. Mind like body is constantly changing. Therefore, anything which undergoes rapid change will be affected by cause and effect. This is the basis of the rebirth theory. The process of rebirth is continuation of consciousness and reproducing the body.

When a child is born, he is gifted with some inherent skills, and other skills he learns from the scratch, which means, the child does not start from a pre-learned stage from where he had left. This fact demolishes the theory of reincarnation but not of rebirth. Firstly, because rebirth is the recycling of matter and energy. Secondly, because we die not our deeds and ideas they live on and are reborn and relived by people who choose to follow it. Suggesting that rebirth is the reliving of the ideas and the deeds of other people, who no longer exist now.

The world we live in stands for the reoccurrences of same activity. That's why history often repeats itself. The seeds of teaching sowed in the mind of a student is recreated into activity. Since, it is not easy to reconcile the configuration of this recreation or restoration, people call it rebirth or reincarnation.

Today, medical technology can resuscitate people who in earlier days would have been declared dead. Surely, medical advancement has gone beyond the frontiers of death. Nobody had expected that a number of patients would come back with tales of out-of-body experiences, travelling down the tunnels, encountering angels or deceased loved ones. This phenomenon is called near-death experience.

Doctors dismiss and describe it as hallucination, triggered from changes activated in the dying brain. For instance, even during brain surgery, under local anesthesia, patients have reported seeing things from an out of body perspective. Similar experience is reported under the influence of LSD, opium, hashish and

anesthetic drugs too. Moreover, brain is awash in its own opiate substance called endorphins. The out-of-body experiences and near-death experiences no matter how real they seem begin and end with a dying brain. Is there something that lives after death? No one knows. For many people, it's a life altering experience. When Buddha starved himself, his brush with death led to enlightenment. Was this a near-death experience? We do not know.

We are conditioned to follow knowledge that is imparted by parents and various streams of knowledge compiled by others thru educational institutions. All, this is, rebirthing of others' ideas in our minds creating a mainstream herd mentality, suggesting that human knowledge defines the already trodden paths by others. Anyone holding a different opinion is an unorthodox dupe so his point of view is not accepted easily by the intellectuals struck in the herd mentality. Social conditioning is a non-physical medium of rebirthing human knowledge.

People who had near-death experiences, before facing a death like situation, in a flash review their early life. Their soul compares the tasks it had set out to accomplish and then it exits. The moment of exit is said to be chaotic for the unprepared mind. But there is no physical pain as we know it, if the person has not had any spiritual rooting the soul doesn't know the next step and is helpless. The soul doesn't die it moves on to the next realm. But the reality is we live only once and never twice or again and again.

How real is near-death experience? When the brain is starved of oxygen supply, then a person can experience the so-called tunnel vision. stated. often under the NDE, the experiences are linked to those who say that they saw themselves being operated upon when the surgery was in progress or they saw a bright light at the end of a tunnel. Anyone can have an out-of-body experience if his right parietal cortex is stimulated with an electrode, while he is conscious and awake.

The fear of death is real, profound and life shattering, passing of each moment leads to death, living is almost a dying process. To overcome these fear theories of rebirth, reincarnation, hell and heaven was invented by the religions to give self-assurance so as to confront and overcome fear of death and live life freely, as long we can live. the idea of afterlife serves to strengthen the psychologically weak minds. Therefore, we should see no harm, if, people believe it.

Even, if, we know what lies beyond death what do we gain anyway. Shouldn't we be concerned with living life. People want to know what death is, even if, one knows nothing about it. Without dying there is no way to know anything about death. The only way to know is to experience it ourselves independently. Knowing afterlife before death is a supposition. Can anyone tell us the taste of cyanide? Right now, focus on living righteously otherwise we will miss the joy of living life. Celebrate life, don't wait for death and after life. Out of curiosity love to explore death-defying spaces of consciousness to have an idea about it questioning. Is there life after

death? Or just one life before death. Ponder and know thyself.

Is there any inconsistency asking? Is there life after death? Or is there life before death? If we have truly experienced living life before death, beyond the illusions of five senses, then all questions about death are irrelevant, then death would merely be a continuation of consciousness, freed of the karmic influences of the body and free from the illusion of the individual self. We die but our species may survive for long time to come, death and renewal go on ceaselessly in nature. So, in other words, biological cycle of birth and death cycle can be termed as rebirth.

Does our protoplasm dissolve in the elements? Does consciousness survive? The conclusive question is. Are we finite or infinite? Just as we cultivate the will and skill to live, we should cultivate the will and skill to shed our mortal coils. We are born, we live, we die, this is natural. So why not die with grace. A sense of relief comes by discarding the absurd. Energy is neither created nor destroyed. It is just recycled and recast in different forms. Every living being is a form of energy. We are a part of infinity so our knowledge of evolution will always remain incomplete. Nothing can be said surely, we can convey it only thru conjectures.

The belief bodies perish and souls survive is not a bad idea to trick the mind from the fear of death. Without pretending we should accept the finality of death. No one knows what happens after we die, there is no scientific evidence to support what religions accept as

true. But somehow death marks the end of sorrow. Death is celebrated as liberation from worldly suffering and attachments. No one knows what lies beyond death and there is neither bondage nor liberation for one who understands that the world is illusion. No one knows the date of death, the old and ailing sense it, but can never know the exact day and time of their death. We know death is inevitable, then why brood over it, be prepared for it.

The composition of all living being in the animal world human is entwined, making us soul mates. When a living being dies, decomposition sets in, then the atom that constitute the body are released into the atmosphere, they mingle freely, and scatter over a wide geographical area, some atoms reconstitute to become a part of another or same species. Other atoms continue to free float before they submit to another composition. That makes us, the part of, an indistinct whole, which gains some of the ingredients of others. In fact, every atom we possess has passed through several stars and was once a part of millions of organisms on its way to becoming each one of us. This is a way to suggest rebirth by reiterating that we are atomically recycled at the time of death and a significant number of atoms, once belonged to someone else. So, we are recreations.

Religions have helped superstition, rites and rituals and hyped weird imaginings to breed, so that death is not perceived as the end of everything, death is glossed as a new journey. The life-force, universal breath or consciousness is imperishable energy like the air inside the bubble continues to exist even when the bubble is

bust. Death is a physical event. Ultimately everything is energy, source of physical appearance is energy. After physical death energy returns back to its original cosmic energy that permeates all space. Birth and death are mere interregnums.

Some believe that when a person dies nothing remains. Death is the end of one's personality and there is no trace of it thereafter. Others disagree. They do not consider death as a final inference of life. They take up the continuity of the lifecycle to claim their point of view. Others speculate the existence of imaginary realms of heaven and hell, where humans are housed after death in hellfire or in embrace of dazzling dames, damsels and drinks. These are religious beliefs, the reality is totally different, so we need to get closer to truth, to have a clear idea of the phenomenon of birth and death.

After death body substance merges with the elements of earth. On the face of it, it seems something cannot pass into nothing, the laws of indestructibility and conservation must apply to elusive consciousness too. Can this existential reality vanish into nothing at the time of death?

Every human being is different possessing a unique pattern of thoughts, feelings and desires. Exceptionally, some at a young age show the signs of a genius. These child prodigy's skills are extraordinary. They are gifted in a specific field; they are the one who can revolutionize that field of knowledge. Now the question arises. Is this due to child's genetic legacy or is it due to rebirth? Accepting that their talent comes naturally isn't

sound. Religions attribute the desires of the dead as the cause linking to the desires of the new born as an effect. This ingenious correlation of cause and effect develops the theory of reincarnation.

With last breath comes death. Mankind has been struggling to go beyond the limitations of death to explore the idea of immortality created by belief systems. Such mental-constructs are not logical. No doubt, there is timeless reality, known as the eternal, which is a limitless domain. After death soul floats in free space to take birth again. The souls after death are airborne in space, they are judged by the natural laws of creation. Our body merges with earthy elements but our deeds stay on in the world. Living people who repeat the deeds of the dead are rebirthing those deeds, even if, the previous doer of those deeds is dead so when we are alive, it's important to be careful with our deeds.

The physical body dissolves but not its energy. Body is not self-regulating it depends on consciousness, when consciousness exits the body, we declare the body as dead. Consciousness merges with universal consciousness. Natural phenomena are dual in nature, oscillating between all positive and negative aspects, facilitating the creative potentials of nature to reach to its highest level of evolution. When this play stops, duality coalesces into oneness. So, death is not the end of all but is a transformation to a different dimension of existence.

In the cycle of time, past has gone, it does not exist anymore, future has not happened it has not existed so far. Therefore, human life is lived only in the present

moment, rest all is past memory and future imagination. If, we are not living in present moment, we cannot be in touch with real life and living. Human imagination spirals to reach the frontiers of the unknown, this shows mystery is doing its work properly as it should. When it's hard to penetrate the timeless infinite then how difficult it is to know anything about it.

Human body is an amazing work of nature. Each part of the living body works with precision. When the living body is pronounced dead. If, then out of curiosity, we dissect the dead body to know what was there before and what is missing now. We find no proper explanation because all that is made-up to be inside the living body is still inside the dead body. Then, what makes the difference between life and death? What is that which controls it? Till now, consciousness, life force and breath are still clueless within the grip of guesswork.

Research on patients with near-death experiences show human consciousness remains functional, despite clinical death of the patient due to pan cerebral ischemia. This validates that death is not the end-of-life cycle. Physical body is visible, tangible, material, its animated by life-force and is governed by mental processes. Above all we have the fundamental body, the blueprint of our life, our driving desires and karmic quotient which continues till the mind is dissolved. Death is relevant to the physical body but the energy of the fundamental body that constitutes atman or soul-consciousness is not perishable.

The essence of spiritual wisdom is in seeing life as eternal and considering death as a transitional phase in man's long evolutionary journey to moksha. Death closes one chapter and opens a new chapter, just as we change worn-out clothe and wear a new garment. The soul changes the physical body but memories accumulated are not carried forward because it impedes the commencement of the next new life. Death is the beginning of another form of life. Therefore, the causal body supposedly carry forward its karmic tendencies in next life.

Bardo Thodal is the Tibetans book of the dead, it defines the intermediate state of the soul after death and before rebirth. According to the book, during the first four days after death, a person enters into a state of expanded consciousness and luminous vision, as per the level of his evolution, some make use of this state for realization, while others ignore and slip into a dreamy condition, feel uncomfortable on the higher plane, and enter into the phase of hallucination of heaven and hell. These are mere projections of their inner mind. Subsequently, they enter the realm of physical consciousness again, with unconscious motivation from latent drives and desire of rebirth.

The nature of life after death depends on the mental content of the deceased. It's similar to life on earth. The only difference is that the after-death state is passive, whereas life on earth is in a state of activity, storing mental content and karmic quotient. Mind divested with the gross physical, accumulates mental content and memories. This process ends after death as a wound-up

clock runs mechanically, before coming to a stop. Likewise, impelled by karma, after-death life runs till it takes next birth, sheds its passivity and stores fresh energy from the lifeforce.

We reap the consequences of our actions that are governed by the law of karma. When an individual dies, the soul leaves his body and adopts the next form according to the karmic cycle of birth and death. Whatever a person thinks of at the last moment of his death that alone he attains in next life.

Consciousness is a thread that ties the series of all successive states of our being from beginning to end. Death is just a physical disintegration. Consciousness does not reduce existence to a dead-end, but takes it beyond the limitations of the body and mind. Consciousness is fundamental reality. How consciousness works after physical death? It seems death is not the end of consciousness because it is separate from body and mind. Therefore, consciousness survives after death. The human brain does not produce consciousness. It is located outside the brain as a hinge connected to the field of collective consciousness. All thoughts and experiences are stored as 'Akashic Akshar', from where it is retrieved by DNA. When we lose the body, we lose the mortal substance, but the architect of our system consciousness continues its journey in a different dimension.

Do we merely rise and fall in the natural cycle of birth and death? Much has been written about afterlife. None of these accounts have solved the mystery. It remains a

veil beyond which we cannot see, it's the door to which no one has the key. The religions theories around what happens after death, there is no evidence to support these theories. Therefore, no rationalist can ever accept as true regarding the day of judgment, heaven, hell, resurrection, reincarnation or rebirth, because there isn't an iota of evidence to support it. Instead, we see a blank walled space of oblivion.

The Self or consciousness is constantly wearing and shedding physical forms to gain various experiences of life and living as a natural process of evolution. The Self remains the same, even when, caged in different forms of body, it lives through its self-ordained environments, retaining a continuity from past, present to future, it does not become non-existent, when it's liberated from the cycle of life on planet earth it then scoots to other interplanetary dimensions of life in space, something totally unknown, even to the know-all boasters who live on a tiny speck of dust in the unfathomable space, where earth has no significance.

After physical death body merges in the divine form. This merging is not the merging of rivers into the ocean or flames into fire, it implies losing oneself in the divine, overwhelmed by the exuberance, its lost in the divine form, but does not lose its identity. The self is immutable, it is not born nor does it ever die, after having existed, it again ceases to be, as unborn, eternal and changeless. Unlike the physical body, the self is not born, it being an eternal factor exists at all times. Waves are born and they disappear but the ocean is not born nor does it disappear with the waves. There is no birth there

is no death. Things that have a beginning and an end, the rising waves don't moan their disappearance.

Ancient India held the belief that atman/soul was a permanent enduring entity created by parmatma/God. Many sages alleged it was an imaginary concept. This belief nevertheless still persists like a rainbow as an apparent visual reality. The notion of soul is a misconception; this concept of soul holds great importance in every religion. Life is a combination of mind and matter. Mind is composed of feeling, perception, mental formations and consciousness and matter as four elements, solid, fluid, heat and motion.

Suicides are committed due to depression, grief, loss, desperate circumstances, etc. Besides, there are Fedayeen's who do it for their religion to dwell in paradise and enjoy the company of 72 virgins. Such religious beliefs show that real life doesn't matter to them, it is afterlife that really matters. In Christianity actions in this life decide whether we go to heaven or hell. If we take away the afterlife concept of heaven and hell, rebirth and reincarnation, all religions will collapse. Because religions and prophets cannot eradicate human suffering, therefore, they promise afterlife, and promoted the idea of an independent soul housed separately in the human body?

Logically, consciousness is contained in the tissues of the brain. When the brain dies so does consciousness. Nothing survives after death. Our actions are outcome, as to how, our programming reacts to various inputs, genetically and acquired circumstantially. If our

reactions are determined by genetic programming, it means, we have no freewill, we will do whatever we are programmed to do. But actually, programming is a mixture of genetics, conditioning and experiences, evolved over a period of time. Neuroscientists are convinced that there is no evidence of the mind or of any consciousness that exists independent of the brain. When the brain dies mind, consciousness also dies. Nothing as a soul survives. There is no soul and therefore there is no afterlife.

Buddhist believe rebirth happens instantaneously after death. Consciousness has the tendency to arise and pass away unceasingly. There is no interval between death and next birth. One moment we are dead and the next moment rebirth takes place, either in human form or in animal form or as a spirit ghost or demon languishing in hell or in a blissful celestial form in heaven. One takes rebirth according to one's karma. If one has led a good life, one generally gets a good rebirth. If one has led an evil life, then bad rebirth is likely to come in woeful states as a hell-being, a hungry ghost, an animal or a demon. But a person, who has given up all desires, will undergo no new rebirth. He is no more subject to the cycle of birth and death, he attains nirvana.

Funeral rites and rituals have been handed down to us from generation to generation, any ritual after death cannot benefit the deceased. Cultural Mores are difficult to alter and any effort to reform will meet with strong resistance and total condemnation.

Out of body experiences was earlier accredited to the intervention of God, now the rationalists believe, it stems from our mind. Neurologists believe the sensation of floating over the body or a feeling of being disconnected from it, is an experience, often recounted by people who undertook surgical treatment under anesthesia, it seems it is triggered by angular gyros in the right cortex of the human brain. The right cortex of the brain takes care of the topography or the imaging of the environment, it helps in remembering images. This could be the result of psychic seizures, chemical stimulants and in the case of epileptic seizures abrasion of topography occurs, certain signals are sent from brain, which produce out of body experience.

Our instinctive impulse of survival creates self-preservation, producing a longing to be free from disease, old age and death. Religion caters this unrealistic human craving and ignorant people become victim of imaginary religious beliefs. The fear of death is universal. Therefore, the belief in a life after death motivate people to overcome the dread of death. Moreover, immortal soul is the brainchild of religions. The immortal soul enters the mortal body at birth and survives after death. This is the most pernicious religious error and the most deceitful illusion, which has irretrievably pushed people into the pit of ignorance. Belief in soul creates an independent-self, and this independent-self produce egotism, the hunger for pleasure here on earth and yonder in heaven.

Death is not the end of journey. No one knows what happens after death. It’s a leap in the dark. A

transformation into a different dimension. So, it's not proper to speculate on the unknowable as it leads to wrong understanding. One thing is certain that matter and energy never perish. They are recycled and reassembled in different shapes and forms. Thus, death is a misnomer. It is a word to express what happens when body-mind stop working, a malfunction triggered by the disbanding of elements. We live in a material world, our body is made of five elements, beyond body-mind there is a subtle power called lifeforce. Everything comes into being out of lifeforce, stays for a while, and finally is dissolved into flux. However, the ultimate reality is consciousness.

We do not know whether soul is deathless or it dissolves in nothingness. No-thing is transported to nothingness. The consciousness from a dying person, seeps into a state of new presence, and the consciousness of the dying person, who has attained enlightenment, his desires are quenched, and rests in eternal ecstasy. People accept that religion is the only bridge to cross from temporal to eternal. Perhaps, we cannot trace what is probable and improbable. Currently, its incomprehensible like an unsolved riddle.

Birth-death happen in a cyclical sequence, the karmic momentum of mental flux is the forerunner. Births continue as long karma sustains each subsequent existence; the moment it ceases it brings bliss. Becoming has to cease to restore the natural state of our being. This is within the human grasp. When mysterious things are experienced in life, like seeing visions or feeling the presence of the dead, etc. or when a genius is spotted at a

young age or when a kid is able to recollect his past life. Then we fail to explain these incidents logically, and the plausible answer look as if its rebirth. What religions see a credible belief to rope in innocent people to believe something like rebirth blindly.

How does the doctrine of rebirth operate? The karmic potential of good and evil is the regenerating power and the determining factor. Good deeds get acceptance, bad deeds face rejection. The medium of karmic force is psychological, analogous to electric, sound or light waves. It's a psychic process like electric current in electronic device. What is its identity? Can we explain it? The layman, the wise man and the fools fail, which means it's just a philosophical idea.

Explanation of everything is not possible unless its experienced. We can describe the way and means to go to a room. We can even describe what the room is like. But no one can feel the ambiance of the room, unless he has been there, himself in the room. So, death is nature's device to give back life. It is a person who dies and not life. The lives of the living end, yet, the imprints of those lives are not gone. Their activities, thoughts, words, deeds are preserved. The ego passes away but is preserved even after one's death. When body dissolves, deeds remain to bear the forthcoming fruit of karma. Remembering those actions produce those karmas. This reappearance of karma is called rebirth. From sperm to womb there is no transmigration of a soul. There is reconstruction of the living form with well-preserved features. Thus, there is reincarnation but no transmigration of a soul.

Everything is changing and everything is temporary. There is no stability in the universe. This is the law of nature. Only the duration of time to constantly change things differs. The physical form of human body changes slowly, in comparison to the rapidly changing frame of mind. In every moment a different thought process arises in the mind, even as memory of childhood, adulthood and old age recedes back. Paradoxically, behind sense organs of the body, mind, ego and intellect, a conspicuous presence is felt, we imagine this as immortal soul. Perhaps it's a psychic or mystic illusion or maybe its breath, lifeforce or consciousness. Science doesn't know nor do we know it.

Every moment our sensations undergo change, the changing sensations change our thoughts, beneath this current of change a subtle process to replace the old with the new is happening. This discontinuous continuity of elements moves in a sequential order to annihilate and emanate, keeping harmony in disintegration. In movie making separate frames of photos are rolled with speed, which looks on the screen as one act. The same happens with the changing elements. Knowing this, when we see a tree, the memory of the tree as a seed disappears. Youth comes from childhood, from an unbroken chain of consciousness, it changes so fast, that the discontinuation taking place each moment and the arising thereof is not observed or experienced by us.

On one hand, there are people who believe soul is independent and permanent, so their hypothesis is based on this assumption. On the other hand, there are people, who believe death is the end of all mental and physical

formations, and there is no returning back to life again. However, we see nothing is destroyed completely, everything is recycled in different forms. Besides, assuming that soul can shift from one body to another body is not convincing. By chance, through combinations and permutations, reappearance of same form and its attributes, is rarely possible, but rebirth of a person who is dead is imaginary. At birth human body is composed of five elements. These five elements exist before birth, when death occurs, the body sheds all the five elements back, from where it had acquired it at birth, that already existed, before taking birth. Now, if we scan the soul in the same manner, would the outcome be different. If not, then science should demystify this mystery.

What happens after death? Some say soul knows no death. Therefore, life is eternal. Some say death is the end of everything. Therefore, nothing is left after death. Some say there is rebirth. Therefore, there is no death. Different views tell, that truth is still, not known to us, so far. When a person dies. What happens to the elements of existence? There are no drains in space to flush out elements and energy which compose the body. So, elements and energy are never lost, everything is recycled is the law of nature. Seeing this fundamental reality, Vedic sages believed in the possibility of 'Rebirth'. Assuming that the reconstituted elements could not necessarily come from same body which is dead but include elements from other living bodies too. The Vedic sages suggested the soul was an independent, separate, undying entity.

Is a dead person born-again as same person? If, the born-again body is supposedly formed of same elements of different beings. Then where is the rebirth of the same person. When a dash of elements joins, it becomes part of the collective massive mass. In the same way, uncountable gallons of water make an ocean. Imagine the merger of elements as a drop of water merging in the deep ocean. Then where that drop of water of goes. Will that drop of water turn into same drop of water that merged with the ocean?

The drop of water as long it is not a part of the ocean has a form and identity of its own. This drop of water had come into existence, without making an effort, due to the evaporation caused by the heat of sun, which separated it, from the ocean. It reached sky, without making an effort to rise, it was carried away by wind, it made no efforts to fly. Forming a cloud, it fell on ground or in rivers, still there was no individual effort. In this whole activity, the drop of water made no efforts at all. The entire process was regulated by the laws of nature. From becoming the drop of water, from evaporation and then merging with the ocean. The drop of water made no self-effort. No matter where it fell on earth or river or ocean. The fact remains, that a drop of water is the essence of whole ocean. Even while wandering here and there, its ultimate destination is the ocean. Once it enters the ocean, it loses its separate identity and becomes the ocean. This natural process is repeated, again and again, to revive the renewal, of existential elements and energies. This is how, we can understand, the shades of life, through this analogy.

He who thinks rightly will rid himself of ignorance and acquire wisdom, the idea of a separate independent is not acceptable to a clear-headed thinker because all combinations are subject to separation, be it the soul. Is this the final escape? Or, the law of cause and effect differs in the afterlife dimension of existence, if any. Apparently, there is no evidence of the existence of an immutable soul / atman, which remains the same, and migrates from one body to another body. However, we see the recycling of elements, which can be categorized as rebirth but certainly not as transmigration of the soul.

Buddha eloquently said "Is not this individuality of mine, a combination, material, as well, as mental? Isn't it made of qualities that sprang into being by a gradual evolution? The five roots of sense perception in the organism, have come from ancestors, who performed these functions. The ideas, which I think, came to me partly from others who thought them, and partly they arise, from combinations of the ideas in my own mind. Those who have used, the same sense organs, and have thought the same ideas, before I was composed, into this individuality of mine, are my previous existences. They are my ancestors, as much as the I of yesterday, is the father of the I of today, and the karma of my past deeds, conditions the fate of my present existence." Further, Buddha, lucidly went on to say "I observe the preservation and transmission of character. I perceive the truth of karma but see no soul-atman as the doer of our deeds. There is rebirth without the transmigration of soul-atman".

There is rebirth of character but no transmigration of soul. Our thought formations reappear but there is no ego-entity that is transferred. The verse uttered by the teacher, is reborn, in the scholar, who repeats the verse. Therefore, a soul is not a separate and a self-existent entity. So, clinging to soul is failing, living in truth is liberation. Collective consciousness is a form of mental energy. The elements of body disintegrate, but mental energies as collective consciousness are transmitted conditioning others accordingly.

Our body will be dissolved, after its dissolution, no one will see us again, only truth will remain. Nevertheless, the deeds done by us, do not die, and continue to live in people who choose to replicate it. Our extinction happens when we pass away, like a flame in the blazing fire, when the flame has ceased, we cannot say for sure whether the flame of life is here or there. But we know, it continues to stay, in our deeds, we leave behind.

In dream and deep sleep, our body lay motionless on bed with eyes closed. During a dream, there is 'Something' within us, which is not associated with the dream, but through which, we see ourselves in the dream. And, in deep sleep that 'Something' disappears. Now, the question arises. What is the difference between waking and dream? While waking the bodily ego perceives the physical world. Whereas the dream world is perceived by the astral body. But in deep sleep the perceiver is absent because the physical world and dream world disappear in deep sleep. According to Vedic sages that 'Something' is atman. The atman or soul is present in all the three states of waking, sleep and dream. The atman is

like the movie screen on which different pictures appear and disappear, the movie screen is not affected by it. Similarly, waking, dream and sleep do not affect the soul.

Chinese government has introduced a new rule that all the reincarnations of 'Tulkus' (the reincarnate custodian) of Tibetan Buddhism, must get the government approval, or else its illegal. This directive issued by the government of China has institutionalized the management of reincarnation. Besides, it means, that the Chinese lawmakers, have indirectly, validated the idea of reincarnation. Is this in sync with communist ideology? I'm mentioning this here, because we know, we haven't reached any conclusive proof, so far, to legalize the metaphysical theory of reincarnation.

Some recorded cases of past life suggest the likelihood of afterlife. Recorded cases reveal, there was a variable time lag, between the death of the person, and his next birth. So, the question arises. Where does the person go after his death till his rebirth? Is he at one place or at some other place? What are the factors that decide where a person will go after death? Shouldn't we find out what happens to suicide cases after death as well. Should we just rely on answers based on spiritual interpretation and clairvoyance, why not on scientific investigation to know the ultimate truth.

According to Vedic beliefs when a person dies his physical body ceases to exist, but his subtle body the soul continues to exist. This subtle body goes to unearthly places, according to its karmic track record,

and is born again. But people who commit suicide suffer divine reprimand. Sadly, they squander a seductive and sensuous stay in a cloudland with women, wine and wealth. In Abrahamic religions when the 'Day of Judgment' comes then God or Allah will decide the fate of the dead, starting from 2000 years in case of Christianity and from 700 years in case of Islam. The list of the complete record of the dead before they enter heaven or hell is going to be too long to settle.

Ghost is a disembodied soul of a dead person, it can appear before a living person, as an invisible presence, or is visible in translucent strange shapes, or in realistic forms, but never seen naked, they are always wrapped in a winding sheet. Mysteriously, from ancient times, through folklore, the belief in ghosts, lives till now. Ghosts are believed to live in netherworld, and can return to the world of living beings any time. They are known to haunt places and people who were connected with them in their past life for causing fear, remorse or their death. Ghost's visual manifestations are as apparitions, movement of objects, creaking doors/windows, and by way of lights, sounds, laughter, screams, knocking, footsteps, etc. Seeing a ghost is regarded as an omen of death, associated with violent or tragic events, such as murder, accidental death or suicide.

The doctrine of rebirth suggests one or more successive existences one after another. This belief system is seen in the religions born in India, Hinduism, Jainism, Buddhism, and Sikhism. Upholding the doctrine of karma, it believed actions in this life, have its

consequences, in the next life. However, a person can free himself, from birth, death and rebirth, by moksha or nirvana. Likewise in Buddhism, discipline and meditation may enable a seeker to reach nirvana and escape the wheel of birth and rebirth. Manichaeism and Gnosticism accepted the concept of reincarnation, as do such recent spiritual movements as Theosophy.

Hinduism believes in atman or soul. The Sanskrit word 'Punarbhava' means something like re-becoming, and 'Punarm' means something like repeated birth, these two words are not the equivalent words like rebirth and reincarnation in English.

Reincarnation means the soul takes the flesh of a new body after the death of the former body. Beliefs vary, whether the soul assumes the new body immediately, or after an interval of disembodiment. some believe, soul inhabits higher or lower form of life. Most uphold the soul is reincarnated in the same species.

Rebirth means the re-emergence of character, but no transmigration of one's permanent self or soul. Our thought-forms reappear but there is no ego-entity that is transferred. The stanza uttered by the teacher is reborn in the student who repeats the stanza. In the definition of rebirth, souls are not considered separate and self-existent entities.

The belief in immortality is timeless. All religions believe human soul survives death, and consciousness goes beyond the grave. All religious afterlife beliefs allow a measure of freedom and security, and reassurance of the continuance of self of the followers.

It's a theory of immortality followers can easily accept and relate themselves with.

Those who believe in God claim that before man was created, they did not exist. They came into being through the will of God. They live a little lifespan of three scores and ten (70 year) and then go to heaven or hell. If God really creates us, then it is difficult to explain, why so many people are born with deformities and why there are miscarriages and still born births. Besides, why should a person suffer eternal pain in hell or enjoy eternal bliss in heaven for spending a small lifespan on earth.

Rationalist say an individual comes into being at conception due to natural causes, he lives and then at death ceases to exist anymore. This explanation is backed by scientific evidence to support it, but it does not respond to an important question, which still remains unanswered. How can a phenomenon so amazingly complex as human consciousness develop from a simple meeting of a sperm and egg?

Eastern religions believe. When a person dies, his mental tendencies, preferences, abilities and characteristics developed and habituated in his life, in other words his karmic impressions are reestablished in a new womb. Thus, the new born individual grows and develops a personality partially conditioned by the mental characteristics carried over from previous life, by living in new environment. This process continues till the conditions that cause it, craving and ignorance cease, the moment this happens he attains moksha or nirvana, and is freed from the cycle of life and death.

We can understand this phenomenon through an analogy. Like soul, radio waves, are an airy portion. Sounds are encoded as wavelengths or frequencies in an electromagnetic spectrum, the radio-set receives these electromagnetic waves and converts to mechanical vibrations, creating sound waves, we hear. Similarly, after death, the soul hooked to the universal life-force, moves out to take rebirth, when its attributes match with the calling of the new womb, it grows into a different physical personality, but karmic impressions of past life are embedded in the subconscious mind. Consciousness is a riddle so nothing more can be said or else it will become as illogical as the soul is.

If one set of natural laws, known to us, govern the physical world, then, there ought to be, another set of natural laws, unknown to us, which govern the non-physical world as well. We know that physical beings exist on earth, so the possibility of the existence of non-physical beings in the cosmos cannot be ruled out, it's a dimension, beyond human understanding. Perhaps a state we visualize as the soul in a bodiless relocation, that differentiates our physical world, from the other non-physical worlds, in cosmic realms.

Many people have vivid memories of their previous lives. This is the only evidence we have to support the after-life theory. Rebirth is a probable idea, the doctrine of transmigration originated from Vedic and Buddhist speculations based on the theory of indestructibility of memory. We have to go a long way, before we can reveal the reality about afterlife.

No one can deny the presence of consciousness in our life and around us. Actually, the bone of contention is, whether consciousness is a by-product of the brain or consciousness is separate and independent from the brain. Scientist studying heart attack patients, suggest that consciousness continues, even after, the brain has stopped functioning and the patient is clinically dead. If, well structured, lucid thought processes, with reasoning, and memory formation, is observed, when the brain is not functioning, needs further research, possibly it can reveal the existence of the soul, if any.

Paranormal Phenomena

(Mystical Experience)

hat is a mystical experience?

A mystical experience can be defined as a direct understanding of transcendent reality. The experience is fleeting and forceful, and returns to normal soon. The whole incident is beyond the usual perception, beyond the natural order of things, and beyond one's conscious control. That's why, it's hard to put the experience into words. It's a one-time happening, difficult to repeat, so scientific investigation is not possible. We can only trust that, the person who experienced it, is telling us the truth. It's a never forgetting life changing experience. The classic example is the awakening of Buddha.

Mystery is impossible to fathom. Mystical experiences happen in conscious state with eyes wide open. No one knows what they mean, that makes all mystical experiences murkier. There is no perfect reply. The mind is extremely complex that's why we keep on analyzing such incidents again and again, hoping to find some truth in it. Mystical experiences are valid only if they withstand the test of reasoning. The truth lies not in more answers but in fewer questions.

Stop being critical, thinking is the management of probabilities. We have built our understanding on logic and facts. Let us loosen our intellectual rigidity for a while, and go beyond the mind, to dive in the ocean of cosmic consciousness, and experience a new way of thinking. Mystical experiences are not an outcome of a normal and natural pathological process, so plug into cosmic veracities.

Neuroscience uses a combination of imaging technology, computing power and genetics. Reviews reveal that brain related studies are not reliable they overstate. A low ratio of statistical output, creates exaggeration, and a small individual variation gets highlighted as a major effect. The unconscious mind contains our biologically based instincts. While we are fully aware of what is going on in the conscious mind, but we have no idea of what information is stored in the unconscious mind.

From ancient times, the idea that souls exist was basically developed through religious beliefs. Blind faith can produce a supposable but unbelievable incident as a mystical experience. Therefore, it's not a question that people believe it or not. The overbearing problem is to know whether it is right or wrong.

When we deal with ambiguous and inadequate information, then solving a mystical experience by logical deductions is improbable. Methodology based on probabilities, is sometime used, to analyze a complex issue, but only on the basis of verifiable facts and information the statement whether it's true or false is made. Probability is at risk of being manipulated. A significant test is nothing more than an estimate of the probability of getting the result from inferential statistics, the higher the degree of probability, the higher is the chance that people may accept the statement as true. Incomplete understanding leads us nowhere. All that is needed is, to know more, in knowing, we come to conclusion.

The denial of soul is startling and disappointment to the propagators of various theories of reincarnation and rebirth. The statistics are discouraging. A staggering 42% of the respondents of the poll, referred as 'not sure' are actively disengaged, which means they have indirectly petitioned their rejection, if viewed together, 14% tilts the scale of disbelief in the existence of soul as a separate independent entity. Nevertheless, religions are engaged to keep alive the idea of soul, turning a blind eye for millenniums is a warning sign.

From immemorial time spiritual experiences are considered divine. Spiritual experience and hallucination have a hairbreadth difference. Hallucination is due to brain malfunction. Doctors prescribe medicine to treat hallucinations and delusions linked to psychosis. Whereas subtle spiritual insight or mystical experience necessarily do not arise from the internal source brain or from some unknown external source. It simply happens. Therefore, it has failed to pass the test of reality. Such experiences are mired with difference of opinion. What's more there is no rational explanation as well.

To substantiate the credence of religious and spiritual rituals, rigorous practices and penances were invented, and later, considered as essential prerequisites to achieve success in the sublime search of spirituality. Many practitioners reported to have experienced mystical ecstasy. But they too failed the test of scientific scrutiny. Only few people starting from Buddha to Muhammad were successful in launching major religions, followed by a large population of the world, from then on, to still, moving on.

It is hard to believe, why the foundation of human civilization and culture, moral and intellectual progress, was built on the basis of spiritual musings, by those who claimed, were in touch, with the divine. They were considered to be wise by their contemporaries or people in the past were so naïve they just believe in it. Further, what baffles is the thirst for spirituality, a striking feature, associated with human life. Medieval society accepted mystical experiences as real. But, today it's difficult to say phenomena's incomprehensible by human mind are real or not.

From the advent of imaginary religions, to science and technology, and now to spirituality and reason, are various stages of mental evolution of man. What went before sets the stage for what is yet to come. The future of mankind will be created by rationality gained from past events, which means past ramifications will influence future applications. That's why we find an element of spirituality in science and technology too. This does not happen randomly. They are signs of evolutionary change and growth. Science says, stimulating specific areas in the brain can produce spiritual like experiences. Can science stimulate those areas of the brain to produce geniuses like Buddha and Einstein? It's evident, science is not the end, but the means to an end. Actually, spiritual evolution with reason is the goal of human life. We are not fully aware about it so far.

It's hard to explain the cosmos is multidimensional and not three dimensional as we see it. So, it's difficult to picture that the state of cosmic consciousness is different

from the state of our consciousness. If we cannot depict the state of being a genius, how can we image spiritual experiences as an aberration of the mind? Cosmic intelligence cannot be a part of the normal human brain. Since our consciousness is a part of cosmic consciousness, chances exist aplenty, to glimpse the inestimable cosmic intelligence, through mystical experiences.

There is no instrument to measure human consciousness even the access to cosmic consciousness is shut. Spirituality and science are lost in the labyrinth of the cosmic web. Our senses cannot perceive the electromagnetic waves around us then how can we perceive the worlds that are hidden from us. Our sensory equipment works on a specific plane of existence on earth and is dysfunctional in other planes of existence prevailing in space. Maybe sightings of UFOs or the presence of aliens, if true, can completely change our thinking of the universe.

Maya is the incomprehensible and indescribable illusion, our intellect fails to wholly grasp it, topping it with knowledge makes it more complex to understand. Mystical experience and extrasensory perception stem from Maya, therefore, it continues to remain a riddle.

Science is opening up to new possibilities of matter being energy, thus moving towards a higher level of consciousness, a completely new vision. The more we evolve, the more penetrating the mind becomes as a receptacle of universal knowledge, which will change the way, we see the world right now. Presently, we

cannot rationalize spiritual experiences from a logical point of view. We have to accept it as something beyond scientific scrutiny. But from an intuitional point of view, it is obvious, that such experiences, do occur.

Mystical experiences come effortlessly, no mental gymnastics or physical drill can make it happen. Indian sages associated such phenomena as the awakening of the 'Kundalini' or the ascent of mind to higher states of consciousness. Geniuses with extraordinary faculties display their amazing talents to the world by virtue of the 'Kundalini' power. 'Kundalini' is the reservoir of psychic power. Usually, it is dormant when active it becomes the fountainhead of spiritual wisdom and mystical experiences. Consciousness is the fundamental reality, and the material manifestations are projection of consciousness as Maya.

Some minds are responsive and receptive to cosmic consciousness than others are. There are instances, where writers and poets, have honestly admitted that the content of their books was, as if, spoon-fed to them, by whom they do not know. This doesn't mean they didn't made efforts to write. They simply took the advantage of access to cosmic consciousness. This observable fact leads us to assume that consciousness is not the creation of the brain. It's an independent existing entity. Human consciousness seems to evolve on a preset track under the un-coded cosmic laws. A scientific study in this direction is worthwhile.

According to Vedic traditions, universe perceived by humans, is not independent of human perception, in

addition, human perception does not differ from the human perceiver. Therefore, the universe is nothing else but a creation of human perception by a human perceiver, which means, humans are the paragon of all knowing truth about the universe. Aren't we going overboard? In fact, the universe is different then what we see. Equally too, the reality of mystical experiences cannot be established rationally, unless it is within the ambit of universal consciousness. Paradoxically, consciousness nullifies duality by oneness.

There are three basic energies [1] Physical energy, everything that can be seen, felt or measured falls in this category, like solar energy, gravity, magnetism, atomic energy, electricity, stream and so on. [2] Psychic energy, are subtle energies that dominate physical energy, humans being can consciously use, call it the soul, lifeforce or breath. [3] Primal energy, this energy is described as the building blocks of the universe. It is the unified energy in the atom, which can also turn it into an atomic explosion causing huge destruction. It is everywhere. It interpenetrates substance and gives momentum to the leaf to grow and the star to explode.

Evidence is based on trustworthiness. Mystical experience is a transgression of the laws of nature by an invisible agent like soul of the dead. Law of nature is validated by reality. It is real that man must die. This reality is vouched. But if a clinically dead man comes to life. Is it a breach of the laws of nature? True, exceptions don't prove the rule, but they do call for further expansion and enrichment of human knowledge, before rejecting, no matter what, outrightly.

To substantiate any mystical experience there are no witnesses to verify it. Since it has a strong element of wonder and excitement, people take it at an emotional level. Some give false evidence to promote religious beliefs. Besides each culture has its own story to tell, creating a backdrop for people to believe in it. All this has trivialized the whole issue as a coverup maneuver, to prove the genuineness of a mystical experience. This is not good.

We, have not catalogued the laws of nature, at one place, so far. Then how can we have a statute book of all the laws of nature governing the cosmos? Scientists are still struggling to discover them. Even today, Neuroscience doesn't know the function of the whole brain, then how are we supposed to arrive at a conclusion, on matters concerning consciousness.

We need to recognize, the fact, that mystical experiences, are different, from the laws of nature, we know, and not from the laws of nature, we don't know, yet. People, who let go their ego surrender and open up to unconditional change find cosmic energies rushing in, that's when a change takes place. Spiritual experiences at mental level are invented by the God man, who make a living out of it. It is like selling a ware, which lacks the attributes they advertise. We don't require a library to rebut, its easily discernable, by those who know.

One thing is certain. We need to discard the relevance of religious beliefs. A pivotal piece of evidence is important to establish the claim of a mystical experience, because its occurrence is not repeated, nor does it appear

with consistent regularity, resisting an objective logical analyze. Mystical experience takes place accidently, or with a larger cosmic purpose, we do not know, but they do fascinate us immensely, indeed.

Transpersonal psychology and parapsychology are not same. Transpersonal psychology focuses on the spiritual side of human nature, while parapsychology is concerned with psychic phenomena. Transpersonal experiences are examined as experiences in which sense of identity or self extends beyond the individual or personal covering wider aspects of human beings, consciousness and cosmos.

Psychology of religion consists of psychological methods, interpretive frameworks to religious traditions, to both religious and irreligious individuals. The science attempts to describe the details, origins, and uses of religious beliefs and behaviors. Continued dialogue between psychology and theology may foster greater understanding and benefit both fields.

Medical materialism calls vision an epileptic stuff. It snuffs out Saints as hysteric or hereditary degenerates, treats spiritual veracity as a symptom of a disordered colon. This is how medical materialism undermines spiritual experiences on the grounds of physiological malfunction.

The dependence of mental states upon bodily conditions is absolutely correct but consciousness is not a mental state. Consciousness, the life-force, the element of creation called the soul, is like a seer-er, witnessing all states of consciousness. When the body sleeps

consciousness does not sleep, which means that consciousness is not affected by physiological functions, in any manner, at all. The splendor of all spiritual experiences occurs at this level and not at the mental level as medical materialism would like to analyze it.

Mystical experiences are experienced with open eyes and not in sleep. When an experiencer narrates his experience with manmade words, incomprehensibility arises. So, the intervention of the mind becomes necessary to bridge the existing gap between mind and consciousness. With the involvement of the mind and language, the meaning being conveyed by the mind tends to differ, from what was actually experienced by the experiencer. We know that words are gross and feelings are subtle, yet this travesty of truth is hard to overcome. Further if mind cannot decide the meaning and we consider mystical experience as a revelation of spiritual philosophy, that too could be incorrect.

Religious are full of stories about intuition and supernatural revelation through visions, hearing, intense feelings and a sense of being directly possessed by higher spirits, who utter prophecies and warnings. This paranormal inventory constitutes the stock and barrel of religious truth. All these experiences are linked to consciousness and not to a reasonable mind.

Higher state of contemplation 'Samadhi' defies all reasonable explanations. In this domain everything stops. It is the end of all ideas and perceptions. There exists nothing. The subject becomes the object. What is left is pure existence, the presence of an everlasting life.

This certainly affirms consciousness the culmination of full awareness. This has nothing to do with intelligence, reasoning and insanity. So mystical experiences are difficult to describe, senses provide feelings but lack the content that defies expression.

Mystical experience is a vision. It does not last long, nor shows up again, but it certainly changes the mindset. There is no pre-event preparation, it occurs spontaneously. Leaving behind an event, which is not normal, from the events, we are conditioned to believe in. Such experiences come in sensations rather by abstract thoughts. Thoughts stray and contrast unfavorably with sensation. Mystery makes it vast and vague and even unreasonable. No study can grasp a mystical experience, it is incommunicable. Its directly experienced, and the truth about it remains with the experiencer. This is the way it is. This is how one accepts it. Therefore, before an argument or accusation, we should be modest enough to recognize that even our viewpoint is not infallible.

A Guru in Punjab, India, had a large following. His devotees claimed seeing his form appear while meditating. However, the Guru denied any knowledge about this phenomenon. He wrote, “People say that my form manifests to them and helps them in solving their worldly as well as mental problems, but I do not go anywhere, nor do I know about such miraculous instances”.

And, the Guru asked himself. What about the vision that appears to me? Is this the creation of my own mind?

Does he who comes in my vision know about his appearance to me? The Guru realized the truth and wrote. All manifestations, visions and forms are imagined creations. These visions are projections of one's own mind and cannot be subjected to reality check. This phenomenon was termed as the 'Chandian Effect'.

Dreams are a way for the body to release images accumulated daily. The images and thoughts are released by the brain and converted back into energy dispersed by the body. Impressions from such dreams may be retained or forgotten. Dreams are simply a way for the mind to rid itself of excesses so it is not overloaded. Is a mystical experience the download of this overload?

An event or perception is said to be paranormal, if, it involves forces or agencies that are beyond scientific explanation. Paranormal events are said to be experienced by only those with psychic powers, such as extrasensory perception.

In Vedic philosophy 'Turiya' literally means the fourth dimension that is pure consciousness. Turiya is the background that underlies and pervades the three common states of consciousness, namely the waking state, the dreaming state, and the dreamless deep sleep. The practitioner of meditation brings all the three stages of human consciousness into conscious mind, one experiences 'Ananta' the eternal endless infinity. In this situation, bumping into, other unknown cosmic dimensions, is likely. No wonder, a mystical experience can happen.

India is the land of mystics with amazing spiritual powers. They could perform incredible supernatural acts. They were known as 'Siddhas'. They could levitate, had clairvoyance at their command, could become invisible, change the form of their body, materialize things, fulfill their desires, even walk on water and recall the memories of past lives.

Despite an element of exaggeration in the feats of these superhuman claims, we know about the state of such mystical powers called 'Siddhis' from old scriptures, eyewitness accounts and spiritual masters. Even Patanjali's Yoga sutras explain the powers of 'Siddhis'. These higher psychic powers could be achieved by Vedic Mantras, Yogic Postures and Meditation Mudras.

The 'Siddhas' held that mystical powers were not meant for public display except for the promotion of personal spiritual growth. This was an important stage to experience mystical powers before attaining spiritual wisdom. These powers came naturally to those who evolved on the path of spirituality. The desire for psychic power was considered as bondage, for that reason, it never appealed the truth seekers, in the quest of liberation.

There are various accounts of mystical experiences given by saints, poets, writers, philosophers and even by scientist, medical practitioners and neurosurgeons. All agree in principle that it is not an ordinary experience but something extraordinary. An extra-sensorial phenomenon.

Mystical experiences are held as a spiritual revelation. Seclusion, renunciation, submission to divine-will, intense unconditional love, and complete devotion to a deity, are considered indispensable preconditions to achieve success in uplifting the pious pursuit of spirituality to pinnacle. However, mystical experiences have been experienced, even by ordinary people, who are leading normal life, and are devoted to worldly pursuits, without following the prescribed prerequisites.

Since mystical experiences have fascinated the human mind, they have become a part of every religion. The founders of religions had recognized this fact and started claiming with immunity that what they preach was revealed to them by God, or by an Angel, or through Divine dispensation, or by an enlightened state of mind. Ever since than the human mind is occupied and engaged with mysticism and how to prove what cannot be proved.

Later, wily machinations of charlatans and cunning maneuvering of priests turned religions into an institution of power, by marketing the mystical experiences of the founder of religions, weaving myths around their persona, attributing superhuman qualities to them, with the aura magic of air of miracles. By doing so they exerted a tremendous influence over the minds of the people, in almost all parts of the world, it worked beyond their own expectations and still moving fully geared.

Even today, the Godman of India employ the same methods to mislead simple and trusting people. Knowing

the level of understanding is at variance between each person, so It's difficult for human mind to configure the correct state of consistent understanding. This gap gives ample scope to the Godman to misuse it. Humanity has reached the stage where breakthrough in knowledge is imminent. World is realizing spiritual and not religious impulse is genetically present in human beings.

If we decide to examine mystical experiences then we are setting the stage for rationality and religions, science and spirituality, to come closer and work together. Science too is realizing that spiritual evolution is the goal of human life. But the age of technology is ignoring the spiritual aspirations of human beings. Therefore, we are witnessing perverted thinking, use of drugs, promiscuity, escapism, discontentment, violence and crime, with intense fire and fury in our society.

Factually, mystics who have a real spiritual experience prefer privacy, and do not talk about in public. But the conman called Godman in today's spiritual market, invents a story about his spiritual experience, and claims to possess supernatural powers with foxlike intend to deceive people. Godman promote superstitions to extract money from trusting people to live a luxurious king-sized life.

The present materialistic world lacks knowledge and impact of a paranormal phenomenon, because people all over the world are busy gathering material possessions and hoarding money. The outer world for them is more important than the inner world. Consciousness is beyond

logical scrutiny, since it's not a manifestation of brain so our knowledge about consciousness is speculative.

The world lacks full knowledge of the brain. Our idea of the universe is based on human assessment that world is made of transitory composition of particles. It is a tug-of-war between knowing the ultimate natural laws that form the real world and the human minds observational interpretation of the world. We perceive, assess and measure the world with relative knowledge. That's why, our theories are constantly changing and replaced repeatedly, for the main reason that, we are still groping in the dark, struggling to know, what absolute truth actually is.

From where does this insight come? Why does it come in piecemeal? Why not completely? The caveman saw the same world, we see from the skyscrapers now. Was it their generosity to leave the laws of nature for Newton and Einstein to discover? This gap possibly establishes the evolutionary link between human consciousness and cosmic consciousness. The laws of nature are eternal and fully functional but discovered gradually by people whose brains are capable of altering and expanding the state of perception. Countless laws of nature exist, which are yet to be discovered. The same rule applies to spiritual experiences. The ideas of God, Soul and the Hereafter arise from the unfathomable depths of cosmic consciousness. They are not brain-child of the mind. The tangible laws of nature are scientific and the intangible laws of nature are unscientific. The time to reinvent the old schools of thought has come. The pendulum of time

is swinging in that direction. Experts accept that spiritual perception is worth examining now.

Cosmic consciousness gives a glimpse of a more extensive and inclusive world. In this vision all conventional notions are dropped, now there is no difference between the natural or the supernatural, all differences have become meaningless. Not all things are perceptible in the universe, even scientific instruments and human senses fail to detect them. The marvels of the microscopic world and the possibility of alien life in space give us the clue how vast, complex, and unsolved riddle, creation really is.

What makes a mystical experience ecstatic is the incredible fact that both the sensory and supersensory worlds are perceived simultaneously. Unconscious mind is used as a device by the psychologist to explain whatever is unexplainable or unintelligible in the realm of the mind. The eternal, the immortal, the soul, rebirth and God stem from intuition, not from normal thinking process.

The human mind is mercurial, vacillating and changeable entity, it flows like a river and flickers like a flame. When it changes, the whole picture of the world, perceived by it also changes. After all, world exists because the mind exists. Mind is always changing; it creates variations that affect the perception of the phenomena observed by the mind. This suggests what we observe, judge and decide with intellect is the creation of the mind, which can easily change in other dimensions of consciousness. All worldly knowledge is

relative there is nothing as absolute. What is observed in one dimension is deceptive in another dimensions. Human vision and versions vary so nothing is static. Only the laws of nature which control the cosmos and they are static and everlasting.

Spiritual wisdom is seen to emerge from the deep depths of our consciousness. Life is not an objective reality, it is a creation of our own mind, a paradox, the more we try to understand, the more elusive it becomes. Mystical experiences bring awareness of divinity. Our aim is to explore this 'wonder'. This is the message of the mystics. This is the message science does not heed. It is true that there is mystery in the spirit and not in matter. It is true that there is mystery in the mystic and not in the skeptic. All we know is that there is no escape from mystery. The matter does not end there with a full stop. Life after all has an element of uncertainty embedded in it so mystery is a part of life. There is no reason to overlook it.

Mystical experiences add more meaning to the ordinary state of consciousness. There is a new expression, a new meaning to life that senses have held too long. It is the rationalistic who denies and not the experiencer. The state of mystical mindfulness must remain an open question, through which, the mind looks on a more extensive and inclusive world.

Science should not contradict the experience of the mystic but explore the nature of the invisible dimensions of human perception. Everything in the physical world is seen by the eyes and evaluated by the mind. More or less its human mental progression, which shape the physical

world. So, we cannot stick to the idea that mind and matter are separate. The distinction between mind and matter is an illusion. We see the world both as a physical and mental construct. It is difficult to say whether the mind is a by-product of matter or matter is a by-product of mind. Consciousness and objects in the cosmos continue to exist, even if, they are not being perceived by the human mind, being in different dimensions. Humans have a limited a three-dimensional view, whereas the cosmos is multi-dimensional, and an unmapped beginningless and endless intergalactic region.

Mind-body is indispensable. Consciousness can go beyond human limitations without affecting conventional thinking, by entering into the spirit world. The pressing call here is, to unfold the mystery, of physical and non-physical world. Scientific experiments cannot ascertain it. But mystical experiences suggest that matter is a by-product of cosmic consciousness the universal mind. Skepticism, doubt and disbelief are essential to push and penetrate the impenetrable, the time to examine the spirit world scientifically has come.

To believe the universe of matter and energy is fully perceptible by human senses is totally incorrect. The chance of superior level of life in other parts of the cosmos is not ruled out. In fact, what our senses perceive and our mind thinks that exists. This mindset changes when a person has a mystical experience and he doesn't know how to handle it. It is, as if, waking up from a dream, in a state of ecstasy and wonder. Is this a dream or vision engineered by the subconscious mind or

hallucination triggered by pathological conditions of the brain or by an extrasensory mental state? These are conjecture with no evidence to prove.

If, philosophy, science and spirituality is put together it can add something new to existing knowledge and expand awareness. Nature has its own way to produce the prototype of a future human being. The flight of human thought determines the phenomena of mind so does transcendental consciousness bring an extra-sensory perception. Human consciousness is not just feelings and thoughts. It is something beyond it. It has an element of immensity, which surges to synchronize itself with the infinity of cosmic consciousness we know nothing about.

Psychologists see mystical experiences as an activity of the subconscious mind, which is, after all, a part of the whole mind, which, at given moments, can be conscious, unconscious or superconscious. If we know how the unconscious mind works, will the whole mind work the same way. I do not know.

Mystical experience helps in transforming human understanding to a spiritual level, revealing the realities of different dimensions. Thoughts are not separated from the brain, but drugs, loss of sleep, electric shock or injury to the brain, stimulating specific areas of the brain, can change the pattern of our thinking. We need to isolate mystical experience from the brain and see the phenomenon as a brief unification of human consciousness with cosmic consciousness. Since every human being is a self-contained unit of consciousness.

Someone else mystical experience cannot be understood by others. Why a mystic experience is a secret, how can we disclose this secret.

In past, man has created innumerable gods and goddesses as divine or demonic, in the image of humans, animals, birds, reptiles, fish etc. commanding worship and prayers with rituals and sacrifice. Overlooking our religious zeal and dark side of religion from primitive phases of human culture, its barbarous features, forced conversions, ruthless persecution, bloody wars, massacres, loot, rape and horrors of the Inquisition, how can history forgive and forget.

Paradoxically, several spiritual seekers leave home, live in solitude, practice austerity, penance and self-discipline, meditate and pray day and night, yet they fail to summon a mystical experience. While a householder without making any effort finds himself involved in a mystical experience. There is no methodology or skill to invoke a mystical experience. It happens, only then, the experiencer know it has happened. How it happened he does not know.

Unconscious mind is linked to dreams, inspiration, hysteria, insanity, obsessions and fixations. Even to extrasensory perception and the paranormal. Some call it a bottomless pit. It is difficult to understand the sudden storming of a subtle supernatural sensory skill. Compartmentalizing the brain to explain its various functions is acceptable. To assume each part of the brain functions independently as separate entities is hard to digest because mind is, after all, not a brain.

Difficulty in explaining a mystical experience is due to our inability to visualize a state of consciousness which is at a higher level than ours. Even though, the progression of consciousness is endless like the sky, and deep like the ocean, still, we have failed to invented the mechanism to check consciousness, nor can we look into the mind of a person, as to where it is, then how can we know, what cosmic intelligence is. As long this scenario exists, the phenomena of mystical experience and extrasensory perception will continue to be a riddle.

In Vedic philosophy, lifeforce or breath is known as 'Pran'. It is present as smallest particle difficult to detect, as the architect of all organic life on earth. The power to create existence is known as Shakti, capable of producing any substance, all conceivable or inconceivable worlds, universes, galaxies, cosmic energies, space, timelessness, emptiness and cosmic chaos. Adding, the amazing superstructures, matter and energy, the all forms of life and unbelievable planes of existence, it has created or will create, we can never know. The dreamlike manifestation of non-living things and living being in various forms create Maya. Indian sages say that mystical incidents are experienced in the state of Turiya or Samadhi, where subtle states of mind, Prana (lifeforce), Prakriti (nature), Shakti (energy) and Maya(illusion) unfolds itself to reveal.

The longing for mystical or spiritual experience is kept alive by the curious mind because of its sense of insufficiency before the immensity of infinite knowledge of creation, cosmos and cosmic chaos. Generally, mystical experiences are fleeting not permanent. When

mystical experiences are recurrent, then that person, becomes a Jivanmukta, a liberated sage. Mankind is moving to a new dimension of consciousness. Mystical experiences are the indicators, which occur naturally. So is the power of 'Kundalini' capable of taking a person of ordinary awareness to extraordinary state of consciousness.

Higher knowledge comes when a person is connected with cosmic consciousness, called the superconscious state of mind. Then why paranormal phenomena are not considered normal. Godman as fraud Baba, fake swamy, false guru and the pseudo psychics, who make a living, by selling paranormal wares, have sullied its genuineness. We need to re-look. How the highbrows respond, I cannot say. But seeing change in human mindset, suggest human beings would become more sensitive to collective consciousness, ushering a new way of life and living.

Science and technology have created a changed environment and social order. Old order has been discarded, which is necessary for evolutionary growth. Rules of evolution are hard to discard so change is immanent. If we are not adaptable to change, the chances of annihilating each other impulsively or being wiped out by natural calamities is not ruled out. When we reject our scriptural bearings, only then universal consciousness is activated in our consciousness, leading us to a higher dimension of perception, beyond our current level of understanding.

Intuition without any rationale justification is capable to tap the right pulse of a mystical experience. There is enough evidence to show how intuition works during impending calamities. The more we evolve the more we are open to grasp the happening of paranormal phenomena in our life.

Misgivings about mystical experience is a natural consequence because of the absence of proof to substantiate it. Psychologists need to find methods for objective verification of the paranormal phenomenon. Or else even a genuine experiencer will disbelieve his own senses and mind as evidence to validate his personal mystical experience as authentic. There is lack of clarity of biological factors and bio-energy responsible for mystical experiences. If, there are laws of nature governing the physical world, there ought to be psychic laws of nature leading human consciousness to cosmic consciousness, physicists should explore this aspect because consciousness is the basic reality of material manifestation.

Many writers have revealed, to have received the basic matter to write a book or poem fed to them, by an indescribable cosmic intelligence. Similarly, we have prophets and psychics too, who claimed to have received innovative ideas from an intelligent driving force. The difficulty is, we assume consciousness is, the product of our brain. Actually, consciousness is an energy, which is, a part of the energy, constituting cosmic consciousness. Alternatively, the source of psychic powers lies within us. This source can be activated with certain physical and mental disciplines, a method

evolved by Indian mystics to awaken kundalini, this should also come under scientific scrutiny.

The human race is moving towards a predestined direction, under the laws of collective human and cosmic consciousness, which requires the wherewithal and time of both science and spirituality to understand it comprehensively. Till such time. Do we really need to deliberate on it? Why shouldn't we flow directly in the unknown realms and experience the unplumbed unwaveringly.

Objects are perceived as a stream of consciousness, there is no separate processes at work, it's a process-less process. We all know perceiving is not an independent process, nor can we perceive anything without perception so perceiving isn't free of perception and perception isn't different from the perceiver, consequently the definition and meaning of the world is nothing else but the perception of the human perceiver. Is the universe different from what we perceive? Even animals and birds see it differently from what human being see. Then how can we say, what we see, is the ultimate truth.

Experiencer of a mystical experience makes utmost effort to justify his experience was real, to expect public acceptance, fearing its rejection. This is wrong. There are no two different phases of an experience and the experiencer. Our effort should be to bridge the two. Then there is no maker of effort or the objective for which efforts are being made. Those who believe, cherish the experience, those who do not believe question. In this

turmoil of thinking the mystical wonder does not diminish, when drunk in a blissful ecstasy or lost in the wilderness of ecstasy.

Mystical experiences come and go. Experiencer obtains paranormal information, is acquainted with the unknown, and sees mysteries of the universe unfold, all this is the work of consciousness. Because all phenomena are superimposed on consciousness and is not imbibed by the mind, so it doesn't look real stuff. If, manifestation of a mystical experience is not hallucination, but a cosmic illusion hiding its real form. Then all mystical experiences are a glimpse of that reality. The mystical experience, the author had glimpsed, possibly, falls in this category.

'Sunya' is a free-zone of no-thing, where matter and energy do not exist. This is the highest state of cognizing consciousness, a universal reality revealing that everything else is non-existent except consciousness. Visualizing 'Sunya' enables us to know that the state of being is real and the state of becoming is unreal. The causeless 'Sunya' is the cause of all causes, and Maya, the cosmic illusionist is the consequence-less consequence of all consequences. Creation of universe is an idea of cosmic consciousness, starting with the actualization of the gross form, manifested by Prakriti, the natural energies, and by illusions created by Maya.

The physical body is impermanent. Consequently, its elements are dissolved. The non-physical subtle body, as a drop of consciousness merges in the eternal river of cosmic consciousness. This happens after its temporary

abode the physical body is eradicated by death. Consciousness is the key building block of life. Consciousness moves, from subtle invisible atmosphere, pervading the universe to gross physical life on earth, and returns back, in an endless cycle. This to some extent explains the theory of transmigration and rebirth of consciousness that reincarnates from one gross physical life to another, the same rule applies to non-physical entities as well.

We see 'Time' as a measure, just as we visualize 'Space' as a container of matter and energy. Space is an extension of physical entities, while solar time, sidereal time, lunar time, and clocks, picture aging the occurrence and duration of events as a manmade measure. Space-Time continuum is the four-dimensional method, using coordinates to take a position. It is a system of assumptions, serving as a frame of reference. Eternity is timeless. It is the endless 'Now', the place where consciousness dwells. There is nothing before it and nothing after it, whereas past, and future belong to manmade time that cheats the human mind.

Human intellect cannot perceive the entire space, nor can it unfold the full reality of the infinite space. Appearance of things are just patterns on the fabric of space. Even these illusions are obliterated and end in nothingness. Time measures the duration of events, it's a continuum that lacks spatial dimensions.

We indulge in fanciful envisioning of motions of time in terms of finite physical entities. Rebirth is also a process of a continuous renewal of human activities or

movements in different bodies. If science can invent time to investigate space. Why can't it conceive rebirth to investigate the all-pervading consciousness, hidden in the invisible recesses of space, a region undetectable by physical senses, nor is it like matter nested in the regions of space.

Science considers time as the fourth dimension. Why can't science consider consciousness as the fifth dimension? Nothing comes under the ambit of one reality. Therefore, its normal that different viewing platforms interpret reality differently. When infinite invisible planes of reality are not visible except the visible material planes. Then how can we brag we know the reality, why can't we regard it as 'Sunya' a state of nothingness, beyond human comprehension.

To know, we create logic and make sense out of the nonsense around us. Why are we so incoherent on no-sense of nothingness and infinity? Cyclic appearance of seasons, waxing and waning of moon, sunrise and sunset are repetitive patterns created by nature so is life on earth. Since cosmos is meaningless, it has no sense so we have structured commonsense, even if, we know that no sense persists. The un-founded laws of nature govern the universe. Despite this undeniable law of nature, a degree of order to maintain a perfect balance, harmony in the universe endures forever. The intelligence of balance, doesn't make sense, it just happens no one makes it happen so its cause is inconceivable. Conception would be imaginary and far from reality, symbolically its nothingness.

Everything in space is in a state of Interdependence, nothing exists in isolation. The whole cosmos is in a state of rhythmic balance. This unity of everything forms a cosmic super-net, where everything is in a relative dynamic equilibrium. The entire superstructure in space is a seamless whole. It doesn't work as separate units but as a single unified unit, which is consistent and organized. This web of interdependence supports existence. Harmony is the natural field of existence, which supports sustainability. A chain of cause and effect, aberrations and self-corrections is a continuous feature that strives to reach the level of sustainable survival of existence. This is the foundation of the fundamental laws of nature.

Human consciousness exists in two different frames bewitched between physical and mental state. The interpretation of the universe as we know it is not in its real sense, it's the manifestation of human mind as a figment of imagination. Or else, if there is emptiness in space with no matter or energy contained therein then space loses its substantiality. It is true that in one sense the universe is seen and discriminated by the senses as an object, but in another sense, in absence, of characteristic marks of mastery over self and transcending the limitations of nature. In one sense its graspable, in another sense, it's not graspable.

We use ideas and theories to understand. However, we have to keep in mind the unreality of ideas and theories, like a raft is of use, only to cross a river. It is of no further use, after the river is crossed. Then it is discarded. Similarly, ideas and theories should be given

up with fresh and new evidences. Scientific sense of perception gives the information of external world as a physical reality, rest all is grasped by science thru speculative means. Therefore, our ideas of physical reality can never be final, they change continuously, from time to time. Updating means how far we are from truth.

We are to a certain degree governed by our emotions. Psychic centers produce mental activity in the form of subtle vibratory energy. This energy dominates and uses physical energy, only humans can consciously use it. We can increase this energy by controlled breath, and use this powerhouse of energy discreetly. Besides, a hunch is not based upon conscious facts, it's the inner, instinctive urgings of the subconscious mind. We often mistake wishful thinking as an instinctive psychic urge. A fine line divides hunch from wishful thinking. Moreover, the gut is where all of our non-physical and body energies combine. It's the point where our psychic energy, reaction and feeling is strong. The more we recognize all these qualities, the more we can work consciously on it, to understand ourselves better.

To know what we actually are, we need to de-learn what we have learnt and discover we are not the body, feelings thoughts, time, space, this, that, and nothing concrete or abstract perceived can be we. The very act of perceiving shows that we are not what we perceive and realize that we are the limitless being the soul. In fact, the real world is beyond our mind.

Too often a question arises whether universe is subject to the laws of causation or does universe exist and function outside the law of causation. Everything in cosmos arises and disappears for no specific reason, it's a combination of various unborn ever-existent cosmic forces at work producing an unintended outcome. Causation produces an effect in time and space. Considering this, a specific cause as the source of universe, isn't reasonable. Even, universe is not sure of its content, potentialities and infiniteness so a specific source is not a cause and no cause is also not a source.

We can track and trace how things in universe happen, but we don't know, why a thing happens the way it happens. A thing is, as it is, because the universe is, as it is. consciousness is fundamental. It's the original state, unborn, beginningless, endless, uncaused and changeless. The presence of consciousness cannot be felt without human awareness, but there can be human awareness without consciousness. This is the matrix of magic and mystery.

There is human awareness in every state of consciousness. So, being conscious of consciousness is highest human awareness. Consciousness is not a new state awareness. It is the original foundation of life. The universe and mind are states of being. Cosmic consciousness pervades all states of being, it is beyond time and space, mind and matter. From highest point of view the universe has no cause. Even, the theory of oneness is not without its drawbacks.

A picture is in the mind of the painter, during drawing painter is in the picture, which means painter can transcend, suggesting, transcendental dimensions are not a silly or strange phenomena. Now, we see the picture in the mind is transferred on the picture frame, then we visualize a chain of observer's witnessing it. It is like standing between two mirrors and wondering about the picture and the crowd. Between the two mirrors, there are countless possibilities. Does someone know what is real and what is unreal.

Soul Dictation

One suddenly finds himself in the midst of a conversation with the soul of the dead, not knowing how it starts. The main characteristic of soul dictation is that, it prompts you to write. By the time you lay hand on a piece of paper, many things said are missed. The entangled person writes, as if, the words are flowing uninterrupted forcefully, before they abruptly stop, then he doesn't know what more to write and there is a mood of elation. When it comes to poetry, the experiencer is swayed in the joy of rhythm and rhyming words, the voice is not his, it is the voice of the dead, which comes from external source. It is a feeling as if someone's presence is dictating. The beauty of this incident that it was experienced with open eyes.

There is a belief that souls of the dead communicate with the living. Writing is said to be produced by the soul of the dead rather by the conscious intention of the writer experiencer of the soul of the dead, without the awareness of the content and its lingual nuance.

In India, it's a common religious practice to invoke Goddess's Saraswati and Lord Ganesh before we start writing, be it, in the form of a letter, or an invitation or during school / college examinations. This is how Hindus connect with a divine source, and believe it will

help them in writing. Like a normal Hindu, this is exactly what I do. Hindus are doing this since long time. So, this is embedded in their psyche as DNA. In India, I have nothing to worry, most Hindus would believe my experience is true. But it's difficult for me to explain to people belonging to other culture and creeds, who may call it a hoax or a hallucination.

After death communication, in the form of dictation, given by soul of the dead is a paranormal incident, is the result of consciousness pulsating at different levels of dimension coming in contact with a living person causing and activating an experience, which is beyond human understanding. Science needs to explore this aspect and point of view.

Sages tell us, we have six senses to perceive a three-dimensional physical world, and several astral senses to perceive a multi-dimensional world. In everyday life, we filter the external impressions we receive from surroundings and environment in which we live so that we can focus on matters of three-dimensional world. But a person who has undergone a mystical experience, feels the mystical experience was prompted from some other dimension, difficult to decipher.

The null hypothesis is the proposition that implies no effect or no relationship between phenomena. The null hypothesis is popular because it can be tested and found to be false, which then implies there is a relationship between the observed data. The null hypothesis is never proved or established, but is possibly disproved.

In this incident there was no channeling energy or conversation with the spirit through a channeler, there

was no calling of the ghost nor was a ghost speaking through a medium, nor was an unseen entity communicating his wisdom, nor automatic writing or psychography. The soul dictation incident can be possibly compared with the notion of divine dictation.

Out of the four major religions in the world, except Buddhism, Hindus believe Vedas were composed by Brahma and rishis wrote it. Christians believe in the divine dictation theory and uphold God is the author of all scriptures, and Holy Spirit involved human writers, who inscribed the holy Bible. Likewise, Muslims believe the holy Quran was verbally revealed by Allah to prophet Muhammad, who recited the text, and the scribes wrote down, what they heard.

Is it right to relate the current incident with the aforesaid episodes? For sure, the message the dead father's soul was trying to communicate to his living son, was to guide him to write, and what to write, was certainly not unclear but blurred. Gradually, over the years, the message became clear to the experiencer, who conveyed it, through his book 'A Religionless world', raising the demand for religious reforms and questioning people, why religions should be rejected and why spirituality should be accepted.

Human quest for reason and meaning of the known and the unknown is timeless and universal. By cultivating scientific temper, we can strengthen our intellectual abilities, and people with an open mind can lead richer lives.

Concluding Remarks

Curiosity leads the mind to comprehend the external world around us and our internal being within us also. The mind recognizes that it cannot know fully. This not knowing implies human limitations to understand everything wholly. Therefore, we try to go beyond the mind, then we realize that our perception is nothing more than a mystical musing. Alas, this way of knowing more, too, ends in sheer speculation. It seems that 'Not Knowing' is the last information the inadequate human perception can gather. Then what lies beyond the limited possibility of human perception is nothingness or is it something else.

Then whatsoever the author is writing is meaningless and misleading. Only the un-scripted and the un-deciphered consciousness can go beyond human perception. When the human presence dissolves in the stillness of silence to experience a mystical experience, the experiencer disappears and a state of full consciousness is achieved. Now, nothing remains except consciousness and awareness of being aware, as the scene and the seer-er of the scene has become one.

To explain a mystical experience is not easy. The reality of the experience is far greater than what we can

perceive. Mystical experiences are not accidental. They are the result of nature's intention, to reveal a vision and give a glimpse, of what lies beyond human perception. Once human limitations are surpassed, all seeking stop then there is nothing more to know. Since this state is intuitively grasped and cannot be described logically because the altered stage of consciousness tends to enter in the abstract ethereal eternity or in the nucleus of nothingness. Therefore, we cannot arrive at a conclusion that is sensible.

Those who question the mystics and their mystical experiences are ignorant about mysticism. The top secret is that even the mystics do not know what exactly mystical experience and mysticism is. Mystical experiences show a well-marked predisposition to age-old understanding and its interpretations not easy to counter. The idea is not to put a question mark on any mystical experience, over the years, culture and religion has well-defined in distinct and definite terms the mystical experiences, capturing the imagination of the people.

We are connected to one source. Our thinking separates us. The more we align ourselves with the mind, the further we distance ourselves from the source. In ancient India, Kundalini revealed the subtle potential of our inner energies. Sages, advocated that only a silent mind can awaken our inner energies. Therefore, we ought to be less thought-oriented, align directly with the subtle potential, and unfold the inner world, to experience the mystical world. After all, veracity lies not in getting

more answers but in fewer questions in the stillness of silence.

Words create noise and silence subtle symphony of stillness. Listen to the rhythm of this unstruck musical note playing within. Listen to the melodious whispers of the silence of soul. Listen to the divine music coming from the deepest recesses of our spiritual presence. It is the same melody that reverberates from the core of cosmic stillness. Sages called it the Anahat-Naad. Henceforward, let's hear, in the stillness of meditation, the inner sound of silence that fills us, with spiritual ecstasy, and swirls our soul to dance.

We live in conclusions, opinions and dogmas, they form the philosophy of our life. Philosophy means a view of life. Then we justify this view of life by logic and sharpen our reasoning to prove that we are right. Be it logic or opinion or beliefs or conclusions they are nothing but words. We give our lives for these words, words, therefore, are more real than our life, we have made words valuable and living our life cheap, this is the history of humanity, we often repeat. Word acquires a meaning based on our perception, when the words word become rigid, we lose the universal point of view. Every sound is feeling (nada). When we go deeper, we find our feelings exist in nothing. Be in this silence and nothingness to find that our absence is our true presence. Silence is the foundation of words. In silence meditation begins. Language of silence emanates from feelings; it has no alphabet or words. Why have we buried our silence underneath the manmade words and manmade languages?

Be conscious, be watchful, be vigilant of universal reality, cultivate an uncluttered mind. By doing so, we can experience spiritual awakening, and become free from illusions and limitations, then our true potential emerges to lead us to endless possibilities. De-conditioning of mind, allows our true nature to reveal its colors. Next, we see new vistas and our impractical ideas, wrong perceptions, thinking and behavior are replaced by right understanding. Be prepared for changes in life. When awakened we are not a different person. We are the same person we formerly were. Whatever changes occur in our life is a consequence of our changing states of consciousness. Thinking is to mind what exercise is to the body. when we focus on something, we are calling that something into existence.

What is a credible answer to a mystical experience? We have no option except to presume, the constantly flowing cosmic energies and various other dimensions in space are transmitting subtle signals in space, which an open human mind as a receptacle when properly aligned, can catch these signals and get connect with the cosmic phenomenon. Those who are connected 'experience' the presence of these cosmic energies and dimensions. Otherwise, the multidimensional cosmic consciousness is totally an elusive revelation, which cannot be expressed in words. When we dive in the ocean of words, we either flow with words or drown in words. The expression seems meaningful when words float.

Words form an integral part of our communication with others. We use words to communicate our mystical experience with others. We learn words to communicate

with others. Words are not a simple combination of sounds. Words have their own pattern and symmetry and the meaning that may or may not truly reflect our thoughts and feelings leaving a communication gap. That's why we say "think before you speak" as we are not too sure, words will convey our true feeling and thoughts.

I had conducted a public poll, which failed to give a clear mandate, whether souls exist or not. Most of the people I have come across do not believe in what I say and probably think that I am crazy and so naïve that I cannot make out the difference between imagination and reality. Moreover, I too have explained the existence of soul in a suggesting manner and have certainly failed to establish its existence convincingly in a logical manner. I recognize these drawbacks and have nothing more to say. Finally on the basis of my self-knowledge and experience, I have no hesitation in admit that it is hard to say whether souls exist or not.

To me, the experience I had, means I cannot deny, the existence of souls, ready to connect with those, who eagerly seek them, when the alignments are right, then a person can enter a totally different dimension and feel the presence of invisible existence. We are hanging between the worlds of the living and the spirit world of the dead. The notion of soul needs to be redefined.

The search of soul is a great challenge so I am not bothered whether my efforts in this direction is right or wrong. I am just making a sincere effort to learn. Even as I know my limited capacity, my efforts are certainly

not small. We have to discover the soul. We have to realize our spiritual state of being. Soon science will catch up with the reality, after all, truth cannot be hidden for long.

We see the magic of unexplainable mystical experiences happening in unusual and usual situations**.** In today's world, people want to understand this mystery, not metaphorically, but in a language the world can understand clearly. It is clear to us those things happen. It is not clear to us how and why it happens. Do we really need to know the split hair details of such happenings?

The person who goes to school is another person who goes to college. A baby grows into a boy, enters youth and then becomes a man. The questioner is no longer the same person who takes the answer. In the changing phases of what was in past, what is present now, and what will be in future, there is one thing unchanging in this steadiness of existence, that is, the lifeforce soul. Besides, human body is a combination of physical and non-physical gross features and subtle influences. It is by the process of evolution 'Sanskaras' mental impressions and recollections are formed, as a consequence of our deeds, and wherever they are impressed, they migrate there.

The mind has subtle layers of awareness, its intuitive cognizance is in touch with universal information, its rational observance analyses and categorizes and most importantly the subconscious mind largely controls our behavior, but then, this monopoly can be minimized

through repeated and focused auto-suggestions. Let's imagine the mind is a radio set and cosmic energies are constantly flowing at various frequencies in space, once we are aligned and fine-tuned, we connect ourselves with cosmic consciousness and begin to have mystical experiences.

All major religions believe consciousness in the form of a soul survives after the death of the body. Neuroscientists say consciousness is a physiological activity, produced by the tissues of the brain. The conspicuousness of consciousness is also an activity of the brain. Consciousness can be manipulated by physical and electrical stimulation, even by chemicals like alcohol or LSD and anesthesia in surgery, can create an indistinguishable reality, like a mystical experience.

The cosmos works on precise patterns in symmetrical and asymmetrical forms. The former comes under scientific scrutiny and latter under spiritual seeking. The unknowable as long it is not knowable is a mystery, because we don't know what it actually is fact or fiction. Even scientific understanding is mired by this anomaly. Science first develops an idea and then test it by experiments to prove its genuineness. Similarly, the unprovable unknown is also within the ambit of provable possibility. When we go beyond ideas and thoughts we come in touch with the higher worlds. Text and theories stand nowhere before the ineffable. But our inner landscape hides a mysterious territory, so dive deep within to unravel and unfold it to define the indefinable. Fantasizing cheats reality, avoid it.

Perception of reality is vexing and elusive. Reality is not consistent, it is not one man's view, nor two or many people agreeing on one man's view. To assess reality, we need to evaluate all conflicting views. Therefore, following any ideology or belief system is false knowledge. The reality of world's appearance is rooted in our minds, despite the fact the world is unreal. Howsoever well we explain, reality can be experienced only by few people, if not, our thoughts are engaged in sculpting invisible forms in space and time. Since deceit has been institutionalized, we have created an imaginary world around us.

During meditation or when deprived of sleep, a person can see visions, which can shape the presence of a dead man's soul. These visions are revealed with closed eyes, they appear real and hard to differentiate from the normal waking awareness. On rare occasions, when the presence of spirits is felt consciously with open eyes, it is called a mystical experience. This experience occurs in isolation, where one may experience receiving messages from external sources. Imagining things are real that does not make it real.

If someone intensely focuses his attention on something that something can talk to him as a vision or presence and talk with him. This shows mystical experiences are unreal and non-existent. We are living in a psychological paradox where what we think we recognize as real, which may merely be a mirror-reflection of our thoughts. Since nothing can happen in the brain without some external stimulus as the cause. Such experiences appear to come from an external source.

There are two views to reflect on, one is experiential and another is the transcendental. Those who do not know the distinction between these two views cannot understand the secrecy of the soul and the mystery of the consciousness. The transcended cannot be described. It can only be suggested. Those who experience it, decline to discuss such questions, they are unable to express it in words. There is an old adage, that a person with mystic wisdom seeks secrecy and shuns publicity.

There is a perceptible difference between reality and signs of reality. For instance, the idea of lemon causes salivation in the mouth of a person; even as there is no lemon. Obviously, it happens due to a mind process that occurs and the effects are clearly visible in physical terms.

In the same way, religious notion of afterlife, soul and immortality, are words bearing no significance, yet they carry a meaning, to people, who live out life with them, believing that such things actually exist. At times, they are the one who experience strange things, influenced by auto-suggestions or as a result of beliefs.

Scientific temper is the yardstick to understand, we cannot expect science to answer all metaphysical questions. We need to rationalize and look beyond the scope of science. Often, our belief system clouds our ability to rationalize and be objective. Any new information received is filtered through this belief system and then we decide whether to accept or reject the information as true or false. This results in a biased view.

Science does not know how the mind works. There is no mechanism to know how the brain generates thoughts and how consciousness functions. Consciousness exists as something separate from the brain. Attempts to understand consciousness through quantum mechanics are being made. It is possible that consciousness behaves the same way as the non-locality of quantum particles that once connected always stay connected and influence one another, no matter how far apart. This is still relatively at the hypothesis level.

What is mysticism? Is it a call of the beyond? Mysticism is purest form of inner self wherein consciousness is not aware of its existence. Mysticism is a non-physical connectivity with cosmic intelligence. The most beautiful experience has been that of the mysterious. Mysticism is a spontaneous revelation. It is a solo silent transformation not achieved by proxy. We interpret an event on the basis of cause-and-effect theory. But for the mystic, a mysterious law is working, which has nothing to do, with our theories or knowledges, human mind has evolved.

Everything in the universe is in the form of a compound or a combination of various elements and its attributes. So, difference between a thing and its quality is real, just like fire and heat are. Next, words are tools of communication. Words are nothing but sound, sound is sculpting silence, often the sound of words tends to withdraw into silence. That's why verbal description of reality frustrates us. Though mathematics can capture reality thru symbols what words fail to describe. Nevertheless, when all the above three parameters are

synchronized, then description of the undescribed is possible.

When words bear the beauty of clarity and the breadth of knowledge, it captures the right linguistic expression of words capable to reshape the current world's perception, these are the moments of real philosophical wonder. Nevertheless, there are situations where language becomes inadequate to express our real feeling and emotions, accordingly we need to be aware, about the limitations of language and explore ways to enlarge, so myths, tales, poetry and symbolism is used. Consequently, loading our cognitive system with total lies. Unconnectedly, we speak lies from childhood. Considering this, how far can reason remain neutral to settle the elusive reality of a mystical experience. The realm of pure logic and analysis can never be consistent or complete as it is flawed by incompleteness.

Surprisingly, till date we have no consensus about the origin and the nature of existence of consciousness, the window that allows us to perceive all amazing insights. Is consciousness the fundamental reality intertwined with creation and cosmos? The element of mystery will persist longer till science comes to its rescue. So, the mystic concept like Soul flourishes. But from time to time this abstract concept needs to be fine-tuned to make it plainly understandable.

Human race does not live-in natural environments as other species do, it lives in manmade constructs like nations, family, society, city, houses etc., and meet its other necessities through mental concepts like language,

education, technology, money etc. Our existence is based purely on human ideas. In fact, our whole life and living is structured on human perceptions. It's totally mind marshaled and manmade, even religion, God and Soul are just suppositions. Paradoxically, if we reject one manmade concept then we contradict all other manmade concepts too. This is the grand illusion of Maya, which works in the unreal world we live in.

Who knows whether universe is random or controlled? We have given meaning to the universe. Nature does not produce the script of the universe, but the human mind invents its own theories about the universe. Science defines brain, mind and consciousness, and spirituality defines God, soul and rebirth. Who will assess science or spirituality is right or wrong? We do not know. If nature is random or controlled, obviously its meaning would be random or controlled. If we reject random or controlled idea of the universe, then we opt for an inter-connected universe. We can hardly find a proper explanation on speculations.

The mental eye interprets the invisible. We cannot see unseen cosmic energies with naked eyes, so we bring the invisible as a presence. In this dilemma our explanations become ambiguous and awareness incomplete. There is no subject summary of the invisible. Conceptual exclusiveness has value, when everything is inter-dependent and inter-connected in space.

Truth is eternal. The description of truth is lost in the limitations of languages. Truth is one, it is in the same form, at all times, and at all places. But one truth has

many perspectives, at that point. Is truth real or imaginary? Only partial truth is revealed, mistaken as the whole truth. The whole truth is hard to express, only a part of the whole truth can be put in words. All languages have a limited scope of expression. Then the description of eternal truth cannot be straightforward. At the same time, we cannot close the doors to the quest for ultimate truth.

The Universe we see is not a continuous entity, it appears to be continuous, just like a film on the cinema screen appears continuous. In fact, the film is moving in frames creating the illusion of continuity. Therefore, in the observer object observation, the universe exists, because human beings, as observers observe it, as an object, which means, we exist, therefore, the universe exist. If human observer is replaced by other species or aliens as observer, the whole scenario and meaning of the universe created by human beings will change. Then how far reconciling the conflicting logical or illogical versions is right. We need to accept that one truth has many points of views, there is no process to simplify. The quest to know the ultimate truth is a tedious path.

Consciousness pervades everything, from the smallest particle to the largest super structures in space, and in the living beings and the non-living thing. Consciousnesses unifies the entire cosmos. Both mind and matter are the byproduct of an underlying field of consciousness. The individual mind is the consciousness of the spiritual soul, whereas, external matter-energy constitutes cosmic consciousness. Individual consciousness and cosmic consciousness are issues concerning human being,

whether it concerns other species on earth or aliens on other planetary realms, we do not know.

Nothing is linear everything is cyclic. A circle has no starting point or any end point. Likewise, creation never had a beginning. Just as night follows the day and the day follows the night so does creation follows dissolution, and dissolution follows creation. Dissolution precedes creation and creation precedes dissolution. This process has been eternally going on, it has neither a beginning nor an end, like the flow of a river, is not continuous, it dries up, disappears in summer, and reappears in rainy season. We cannot step into the same river twice.

Thoughts, memories and emotions govern the human body. Sometimes we come face-to-face with our emotional traumas, behavioral traumas and physiological traumas. When thoughts, memories and emotions attached to these traumas come to our awareness level it can produce its effect, we call a mystical experience. We retain memories of our lived life, our geographical environment, our culture and our ancestral history. Obviously, neurons in our brain, at times, can trigger a phenomenal reliving memory, this can lead to a mystical experience.

Scientific analysis is based on objective study of the physical world and natural laws. Scientific tools collect information, use microscopic / magnifying glass to see things and use different scales to measure time, weight, distance and temperature. Manmade alphabets, numbers, arithmetic calculations are the foundation of these tools

and scientific evidence depends on them. Manmade science, with manmade scientific tools can produce only a manmade proof for manmade understanding.

Cosmic reality is not manmade so how does science reconcile, claiming scientific scrutiny is the ultimate method to know truth. Assuming aliens exist, for sure, they may be using different methodology than ours, in spite of the fact, they live in the same physical universe. So, science is also on a sticky wicket as religion and spirituality are. Then who holds the monopoly on truth? Science looks outwards, spirituality inwards so comparing them is a trash talk. When the laws of nature are comprehended only then the ultimate truth is revealed.

About The Author

Suresh Kumar Soni

The author, Suresh Kumar Soni was born in Delhi on July 26, 1950. He did his Higher Secondary schooling from Delhi, graduation B.A. (General) from Delhi university and masters MA (Political Science) from Jaipur, Rajasthan University.

He married Bindu Sehgal in 1980, both live in Delhi and have two children Abhinav and Divya. He is an ex-

banker, who worked in a nationalized Bank as officer from 1975 and took voluntary retirement in 2001. Then, he freelanced as a financial consultant till 2010. Currently he is leading a retired life.

The author is the son of a renowned Urdu poet Mehr Lal Soni Zia Fatehabadi. He belongs to Punjabi Khatri family, who had migrated to Delhi from the invader infested, conflict ridden war frontiers of north India. His ancestors did not submit or convert to aggressor's religion or any homemade religions. They followed Vedic philosophy, which is not a religion but a way of life so his elders often bragged they were faith followers with no religion to follow.

Going back in antiquity, his gotra Kapila or lineage reveals his forefathers are the descendants of Rishi Kapila Muni, the founder of the Samkhya school of Hindu philosophy, who lived some time between sixth/seventh century BCE. Inspired by the patriarch of his clan, who was praised by Lord Krishna as a great sage, and whose teachings had inspired Lord Buddha profoundly. Therefore, the author is passing on the wisdom of his ancestors in its contemporary context onto the readers.

Once during a visit to a bookstore, by chance, the author came across a book, praising the Vedic tradition of Vanaprastha, he was elated to find his credentials matched with its criteria. Even as a sinner, who was found of drinks and carnal indulgences, he resolved to become a spiritual seeker in year 2011.

Since then, he is in the pursuit of truth, and dabbles in philosophy and spirituality. He is receptive to idealism and pacifism. He claims to have read the Holy Books of all religions. He is disillusioned by assumptions and abstractions in religions, he feels religions have exceeded its brief and has overstepped its limits so religions have lost its original message, purpose and goal, having failed to keep pace with time, he treats religions as remnant of a redundant age but accepts the religious idiom of God, Allah and Ishwar as a signet of cosmic consciousness full of subtleties reason knows nothing a source both of affection and rejection.

Seeing that a majority of people in the world are sedated by religions. He believes reforms in religions are imperative for world peace, freedom, equality, and tolerance. Therefore, he considers Spirituality as the mirror of truth and Religions a distortion of reality. He assumes to break new ground by replacing all religions by Satya Dharma, the epicenter of spiritual values, the soul of all religions.

He is not a crusader with any fanatical cause or is propagating any silly ideological agenda nor is he debunking divinity. He is a renovator of religion who wants to redefine and reshape religions struck in the turn of time by envisioning a 'Religionless World' moving towards the Spiritualization of Mankind.

To convey this message. He started writing in 2011. At first, he wished to write in Hindi he is fluent with but to reach a global audience he opted to write in English.

Defying naysayers he intensified the call for 'Religious Reforms' by launching the website www.thereligionlessworld.com on Feb 21, 2013, free from copyright laws so as to spread truth which is the heritage of humanity. Surprisingly, after a lapse of six years United p.c. a London based publisher offered to print the book 'A Religionless World' in 2019, making him an author at the age of 69 years.

The controversial avantgarde role of the author is to create a line of thought and build structures that bring fulfillment to the highest spiritual aspirations of human beings by introducing religious reforms, aiming to end terrorism, promote universal brotherhood, bring peace and social harmony among people, society and nations.

He is carrying out this campaign to create public awareness thru social media. So far, he has written two books mentioned as under:

A Religionless World – published by united p.c. (6 Feb. 2019) London UK

The Monk Who Gambled On The Game Of Life – published by Clever Fox Publishing (27 December 2020) Chennai, Tamil Nadu, India

His second book is the biography of a householder who became a Sadhu. It's a true-life story which conveys, worldly life and spiritual life are not separate. Life is the same. Spirituality is as important as family life is to us. The book exposes the Godmen by raising pertinent social issues in public domain, such as, India needs stringent laws to prevent innocent people being tricked into the trap of the Godman to restore the Sanatan

Dharma's Sadhu Parampara, and next to enforce the rule of law to stop drug abuse among Sadhus living in holy cities of India.

His writings are the work of voluntary service, rendered by an elder citizen of the society to ensure the errors of evil that often creep into the field of faith with the passage of time are corrected and updated, like a gem is polished by rubbing and a man perfected by trials.